

2015 GEAR *of the* YEAR

MEN'S JOURNAL

MENSJOURNAL.COM

DECEMBER 2015 Vol. 24, No. 10

**THE PLAN
TO SAVE
AFRICA'S
RHINOS**

BURPEES & BIKINIS
**ALL ABOARD
THE FIRST
SPARTAN
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CLOCKWISE FROM TOP: PETER YANG, COURTESY OF THE BODY HOLIDAY, JASON HUMMEL, CHRISTOPHER TESTANI



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FITNESS

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“It’s hard to directly translate the forces of skiing into a gym, but you can get close. And you’ll know who has trained by who’s skiing well — and who’s sorest on the second day.” — EIRIK HOLE, U.S. SKI TEAM WOMEN’S STRENGTH AND CONDITIONING COACH

TRAVEL

Four Beaches to Escape to This Winter

1. Key West, Florida

Kayak from key to key without tourists — the water is still 72 degrees.

2. Tobacco Caye, Belize

Wait till the dry season to paddleboard the island.

3. Cape Town, South Africa

Warm winds make this the urban beach to visit now.

4. Todos Santos, Mexico

Baja for Christmas? The slight chill at night is just right for a holiday bonfire.

GEAR LAB

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805 D3 Compact Diamond Speaker



ON INSTAGRAM

THE PLACE

Moab, Utah
THE SHOT By Derek DiLuzio of Asheville, North Carolina.

INSIDE TIP If you can stand 45-degree weather, you can have Moab to yourself in December.

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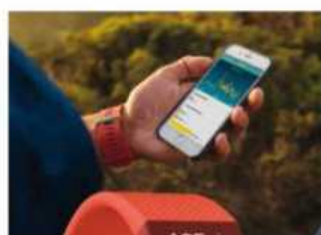
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Letters

+ This is unequivocally the best issue I've read in my five-plus years of receiving MJ. Josh Eells' "Anthony Bourdain's World Domination" and Stephen Rodrick's "The Prophet of Paranoia," about John McAfee, were excellent. Please keep up the great work — I'm eager for more.

JEFF SNYDER, LITITZ, PA



FOOD HORIZONS

As a 20-year Brooklyn resident who's tired of the borough's now-international rep as a gastronomic mecca, I can vouch for chef Dale Talde's ingenuity when it comes to Asian-American cuisine ["The End of Takeout," by Larry Kanter]. I'm lucky enough to

live close to his namesake restaurant and never tire of his delectable tweaks of familiar dishes. I challenge anyone who has tried his pretzel pork and chive dumplings or Korean fried chicken not to come away both impressed by his skill and inspired to replicate his method at home — which I

will attempt to do with the roast-chicken-dinner ramen recipe graciously included with the article.

BODEN POWERS
BROOKLYN, NY

A CUT ABOVE

I'm 62 years old and recently picked up an issue of MJ while waiting for a haircut,

and I felt like stealing it. This is by far the best magazine I've ever read, and I can't believe I hadn't run across it before.

MIKE LOWERY
GREENVILLE, SC

GETTING BETTER

Maybe it's just me, but I noticed a common thread in the October MJ. Every story, from Anthony Bourdain's and Don Henley's quests for professional and personal excellence, to Beck Weathers' recovery from tragedy, and even John McAfee's descent into paranoia, seemed tied to a theme: "I am a man, therefore, always a work in progress."

MICHAEL GOLDMAN
ATLANTA

One With the Wall

"The Radical Calm of Alex Honnold," by Joseph Hooper, explored the climber's Zen-like focus and dedication to reaching new heights.

As one of the many after-work rock climbers out there, I dream like most of them about living an incredible, adventurous "dirtbag" life like Honnold's, but chasing that dream isn't always practical. Honnold's lot sounds glamorously epic, but it makes me curious about all the rad dirtbaggers without money coming in from Animal Planet or The North Face. Either way, I'm stoked that we have a new hip face of climbing who makes the lifestyle appear to be more accessible to us all.

ALLY MABRY
AUSTIN, TX

I'm growing weary of the constant pushing-the-envelope theme — that if you don't risk your life in some pursuit, then you don't truly experience life.

And if you die in that pursuit, then you have somehow lived "50 lifetimes compared to lots of us," as Honnold's mother, Dierdre Wolownick, seems to think. Pursuing free-climbing is one kind of life; mine is another.

STEVE GLOMB
BUDA, TX



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TRAVEL & ADVENTURE





Shark Central

ONE OF THE HIGHEST concentrations of the world's great whites lies 150 miles off the coast of Baja California in the waters surrounding Guadalupe Island. "At any given time there are a few hundred sharks around; you're always able to see them," says divemaster Ryan Wilson, who was photographed in September leading divers 40 feet down for face-to-face encounters. Recent geo-tagging has revealed an annual migration past Guadalupe to a remote stretch of open water now known as "the white shark cafe." It's a common mating area that one scientist has called the Burning Man of great whites. "The male has to bite and secure himself to the female before mating, so we see fresh wounds on the females," says Wilson. Between July and October, the sharks return to the island to recover from mating and feed on seals, which can trigger aggressive behavior rarely seen by divers. "We saw three sharks acting completely differently from their usual casual curiosity," he says. "Then we realized they had just killed a baby sea lion. They were totally in feeding mode." —MARIELLE ANAS



El Niño Is Coming!

It's all but guaranteed to dump tons of snow — and we know how to take full advantage. From where to ski and stay to tips on making the most of your time and money, here are the best ways to chase the bottomless pow.



IT'S OFFICIAL. The Pacific Ocean is in the midst of its strongest warming trend since the 1990s, and that means snow — and lots of it. But where exactly it's going to land isn't so clear. Factors like the ever-changing jet stream and a mass of warm water off the Pacific Coast will determine which ski resorts get hit and which don't. The biggest unknown with this year's "Godzilla" El Niño, as weather nerds have dubbed it, is temperature. If storms roll in with warmer-than-average temperatures, many at lower elevations could get rain instead of snow.

"The good news," says Joel Gratz, the founding meteorologist at opensnow.com, "is that a very strong El Niño like this one will have a relatively consistent effect on weather patterns." So, once large storms start rolling in off the Pacific, it'll be easier to chart their paths and plan your trip. "If I were a betting man," Gratz says, "I would look toward the entire Southwest." With that, here are your best bets for bottomless powder, cheap lift tickets, and easy-in, easy-out destinations to make the most of what's shaping up to be a season to remember.

SOMEWHERE SHE WENT
FROM THE GIRL
OF YOUR DREAMS
TO THE LOVE
OF YOUR LIFE.



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BEST RESORTS TO

SCORE POWDER

MAMMOTH MOUNTAIN, CALIFORNIA

After a four-year drought that's caused it to dry up like a prune, California is expected to get hammered by storms this winter. Still, the most obvious resort to take advantage of the bounty, Tahoe, may not be the wisest choice. "Tahoe is going to be a crapshoot," says meteorologist Gratz. "The relatively low elevation of its resorts combined with warm tropical storms could raise the snow line substantially, over 9,000 feet." That means that Tahoe could see rain rather than snow. Which is why Mammoth Mountain, 150 miles south but on average 1,000 feet higher,



Snow day at Mammoth

is a smarter bet. In a good winter, the resort can see as much as 400 inches; this year, if the storm track sets up right, it could be even more. The nightlife in Mammoth doesn't stack up against Tahoe's (your best bet is a low-key spot like Clocktower Cellar), but this year the snow probably will.

INSIDE TIP On a powder day, skip the long line at the Panorama Gondola and make your way to chair 14, on the mountain's back side. You can almost always find fresh tracks in Outpost Glades and Santiago Bowl. For more challenging chutes, head toward Scotty's and Paranoid Flats, off chair 23.

GUARANTEED POWDER, THE EASY WAY

Canadian company the Storm Chasers will pick you up in its decked-out tour bus at the Calgary, Alberta, airport and shuttle you to whatever resort along the 680-mile Powder Highway has the most snow — from Revelstoke to Fernie. Once there, you'll ski with a guide who'll find you the freshest snow. The cost includes lift tickets, lodging, guides, and a day each of cat and heli-skiing. *From \$5,000 per week; thestormchasers.ca*



Grand Targhee is like Jackson Hole was 20 years ago.

BEST RESORTS TO

SKI LIKE A LOCAL

ARIZONA SNOWBOWL, ARIZONA

Just 14 miles from downtown Flagstaff, Arizona, Snowbowl is a laid-back resort that's fresh off a \$2 million renovation, which expanded snowmaking capabilities and added its first new chairlift in 30 years. In other words, the 777-acre mountain is primed for the coming El Niño winter. Stay in town for its restaurants and bars; then, when the snow piles up, head to the Agassiz Triple Chair, an old-school gem that drops you into Snowbowl's best terrain. Tickets are \$69.

BRIDGER BOWL, MONTANA

This nonprofit ski area may be smaller than its famous neighbor, Big Sky, but Bridger punches way above its weight class in terrain. Spread below a two-mile-long ridgeline, Bridger's 2,000 acres and 2,700 feet of vertical have everything from hike-to chutes to mellow powder shots. It shines when there's fresh snow, and the locals even have a sort of Bat Signal for it: When a blue light flashes on top of the Baxter Hotel, Bozeman's tallest building, there's new powder on the mountain. Tickets are \$54.

GRAND TARGHEE, WYOMING

The 'Ghee, as it's known, doesn't get nearly as much traffic as its neighbor Jackson Hole — and that's just the way locals like it. Located on the western side of the Teton Range, the resort is full of steep glades, hike-to couloirs, and groomers, as well as a \$379 full-day backcountry cat-skiing experience. At the end of the day, you can kick back with suds from the Grand Teton Brewing Company and a steak at the Branding Iron Grill before settling in at any one of a half dozen slopeside lodges.

MAGIC MOUNTAIN, VERMONT

This southern Vermont ski area holds some of the best terrain in New England. "It's one of the only places in the region where you'll find consistent, 40-degree pitches with real cliffs and glades," says local skier and guide Brent Coombs. And because the slopes are open only Thursday through Sunday, powder stashes can be found days after a dumping. There's no lodging, but Stratton Mountain is only 15 minutes away, so you get the comforts of a big resort with none of the crowds — and \$20 lift tickets on Thursdays.

TAOS, NEW MEXICO

"The Southwest definitely has the highest correlation between strong El Niño events and significant snowfall," Gratz says.

And the data says that ground zero for snowfall is the laid-back resort of Taos. The mountain has long been known for its steep, including, perhaps, the West's best powder lap: Kachina Peak. It was once accessible only by a 45-minute hike, but last year Taos

installed a new high-speed lift straight to the top. This chair, combined with a new hotel and massive upgrades to the base area, all make Taos the lucky seven of this El Niño winter.

INSIDE TIP Renting in the valley rather than in the town of Taos means low-key nights (rent a house through Airbnb or VRBO) but the payoff is easy access to the lifts when everyone else is struggling to make it up the icy road from Taos. You'll know you've hit the jackpot when, on a big powder day, all the Texans are sliding into ditches and creating a roadblock while you're snagging lap after lap of powder.



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The St. Regis in Park City: The pool lounging is as epic as the powder shots.



The Jackson Hole tram accesses some of the most epic terrain in the West during its 15-minute ride.

BEST RESORTS TO

MAKE THE MOST OF A LONG WEEKEND

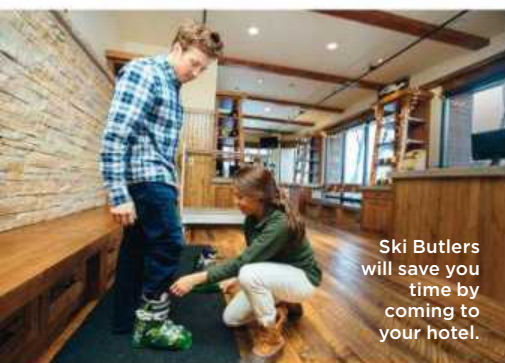
JACKSON HOLE, WYOMING

When Jackson Hole Resort was founded 50 years ago, it was a Wild West outpost for the country's best skiers, who dropped onto the 50-degree steepes with abandon. "All that powder and craggy terrain is a world of vertical treasure," says Todd Jones, co-founder of the Jackson Hole-based ski-film company Teton Gravity Research. There was just one problem: access. It took so long to get there, you may as well have traveled by mule train.

That's no longer an issue: There are now direct flights from 13 major cities, including New York, Los Angeles, Denver, and Chicago. And since the airport is only 25 minutes from the resort, it's now one of the easiest mountains to reach in the U.S. That's not all that's changed. "Jackson Hole has

become increasingly inclusive," says Gavin Fine, a local restaurateur. "They've added intermediate terrain, nationally acclaimed restaurants, and new hotels." This year, the resort is debuting its new Teton lift, part of its 50th anniversary upgrades. "It accesses the most consistent and steep fall-lines on the mountain," says Tommy Moe, the former Olympic gold medalist and a Jackson Hole local.

INSIDE TIP Drop your bags at the Hotel Terra, a western-chic lodge (with a spa) that's in the heart of the action. In the morning, head to Nora's Fish Creek Inn for a breakfast burrito. Then pay the extra to book a guide from the resort. "You get to be on the early tram, so you can ski the mountain before anybody else," says Moe. "It allows you to cut the lines, and the guides can take you outside the gates into the side country, which doubles the size of the ski area."



Ski Butlers will save you time by coming to your hotel.

PARK CITY, UTAH

Thanks to a new gondola connecting Park City Mountain Resort with the Canyons, Utah is now home to the largest ski area in the U.S. — 7,300 acres of bumps, cruisers, and powder stashes. And all that skiing is less than an hour from the Salt Lake City airport and only steps from some of the best ski town nightlife in North America. The new Quicksilver gondola accesses all of the trails on Pinecone Ridge. "That's some of the better terrain on the mountain and, before the new gondola, you used to have to hike to get to it," says Bryon Friedman, a Park City local and co-founder of the gear company Soul Poles. "The locals are bummed that they're losing a powder stash, but it's gonna be great skiing."

INSIDE TIP Grab a room at the Grand Summit — it has an outdoor heated pool and is just steps from the lift — then call Ski But-

lers once you check in. "Far too often, people miss first tracks because they're dealing with their rentals," says Kaylin Richardson, a Park City resident and former U.S. Ski Team member. "Ski Butlers comes to your hotel the night before and fits you with all the latest equipment." In the morning, hop on the Orange Bubble Express chairlift, which is covered and has heated seats, and head toward the Super Condor lift. "This lift is less crowded and has access to everything from mellow, groomed runs to trees and bumps," says Friedman. After lunch, head over to the new gondola and do laps there until your legs are happy mush — it won't take long.

EASY IN, EASY OUT SKI-TOWN FLIGHTS

Jackson, WY

Access to: Jackson Hole, Grand Targhee

Only 30 minutes from Jackson Hole Resort, JAC has daily flights from 13 cities. Delta's 9:45 AM flight from Atlanta will have you on the slopes by 1:30 PM.

Salt Lake City, UT

Access to: Park City, Deer Valley, and Snowbird

SLC is massive, with 300 daily flights. From the airport, it's just an hour to Park City or any of the resorts in the Cottonwood Canyons.

Reno-Tahoe, NV

Access to: Squaw, Heavenly

There are more than 100 daily flights from 17 hubs. From Dallas, with American Airlines' 9:45 AM flight, you can be on the mountain by 2 PM.

Geneva, Switzerland

Access to: Grands Montets, Brévent

Four nonstop flights leave from Washington Dulles and JFK. You can leave at night (7:45 PM) and arrive in the morning in Geneva. From there it's only an hour shuttle to Chamonix.



THE BEST DEAL

Multi-Resort Ski Passes

Season passes, once a locals-only purchase, are now smart buys even for casual skiers. With a dozen or more resorts included on many of them, you can chase snow on the weekends at home, then head out West for vacation and ski for free.

THE EPIC PASS

Unlimited access to 12 resorts

This is Vail Resorts' one-stop shopping for all of its 12 mountains. For Coloradans, it's a no-brainer, with access to A-Basin, Breckenridge, and Vail. And with three Tahoe-area resorts (Kirkwood, Heavenly, and Northstar) and the company's new combined resort in Utah, it's the best deal in Rocky Mountain skiing. **Pays for Itself:** In five days. \$789; epicpass.com

THE M.A.X. PASS

Five days each at 22 resorts

Perfect for East Coast skiers: With 11 resorts in New England, including Killington, Sunday River, and Stratton, you can head to a new one every weekend. Then if powder is falling out West, you have 11 resorts among seven states and British Columbia to choose from. **Pays for Itself:** In six days. \$699; themaxpass.com

MOUNTAIN COLLECTIVE

Two days each at 11 resorts

Covering Taos, Sun Valley, Squaw, and Jackson, among others, this pass was made for powder hounds. It even includes Stowe and Chamonix. If you're chasing the snow, this pass is for you. **Pays for Itself:** In four days. \$399; mountaincollective.com

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The team was often on the water for nine hours at a time, covering a total of 736 miles.

RECORD BOOK

Kiting's Longest Flight

How a ragtag group of amateur kiteboarders (and one pro) managed to ride farther than anyone else. **by RYAN KROGH**

CRUISING ALONG during the first two hours of an ambitious 10-day expedition to kiteboard the length of Australia's Great Barrier Reef, trip co-leader Alex Unsworth was feeling confident. He'd spent over a year organizing the trip, and in addition to helping secure a 70-foot support boat, he'd put together a crew of nine other kiteboarders: a mix of amateurs from Australia, the U.K., and Bulgaria, plus one pro, from Hawaii.

But then the trip was over before it really began, at least for Unsworth. He was kiting at full speed when he lost balance and crashed. Hard. The result: a broken femur. "I knew immediately," says Unsworth, an investment banker in Sydney. "But I was a bit confused, as there was zero pain." As the rest of the kites looked on, Unsworth was airlifted back to the mainland.

The goal had been to kite the reef and set a record for longest distance traveled via kiteboard, as part of a fundraising campaign for motor neuron disease.

"At the time I thought, 'Well, there's no chance of making the record now,'" says

Richard Hatherall, another co-leader. Jesse Richman, the lone pro, wasn't sure if they should continue at all. "Nothing against their riding, but everyone was pretty much novice at best," he says. "But I'm looking at all these guys and they're like, 'Yeah, let's do it!'"

When the crew finished nine days later, they'd set the Guinness record for the longest journey via kiteboard, 736 miles.

"We had no idea what we were getting into," says Richman. "But we were just blasting through the most pristine ocean you

can imagine: sharks, manta rays, deserted islands. We could have gone another 10 days, no problem."

After Unsworth's early exit, the biggest concern was simply getting the group to ride together. The various levels of experience created a situation in which the kiteboarders, each decked out in 25 pounds of gear — backpacks with emergency beacons and flares, radios for communicating — were getting separated by miles of open ocean. If something went wrong, it could take too long to reach one another.

"You're on this crystal clear blue water," says Richman. "But then you drop off the reef and you have a two-mile channel that's 1,000 feet deep. You don't even want to think about what's under the water there."

The team quickly devised a system in which one person would lead, with Richman taking up the rear to help anyone who couldn't keep up. Soon enough, they were kiting up to nine hours a day. One day they made 72 miles. Another, 126. At night, they'd sleep on the boat or on a remote atoll under the stars.

Midway through the trip, Richman was flying along when something slammed his board. "Suddenly I'm two feet in the air because I hit something," he says, "and I'm thinking, 'Wait, there's nothing here to hit.'" When he looked back, he saw a black figure in the water. "For whatever reason, it didn't really get a good chomp," Richman says. Jess Digs, the only woman on the trip, had her own run-in with a small shark. While floating in the water during a short break, she felt something hit her backpack, then thrash in the water. When she looked at her CamelBak later that night, she noticed small teeth marks.

Besides those encounters, the hardest thing was putting up with the long days. "Everybody had something different hit them," says Hatherall. "Jess' ankle was hurting, my knee was irritated, and everyone was sunburned somewhere." Hatherall's hand became so tense that he couldn't hold a fork properly at the end of the day.

"Mentally, it was totally exhausting," says Richman.

When the team reached the island that marked the end point, the front-runners held up. "We agreed that we would cross the line as a group," says Hatherall. "Alex had been discharged from the hospital that morning, so he flew out to meet us. It was pretty emotional."

So what's next?

"There's going to be a point where we get too old for this," says Hatherall. "But I can't help but think there will be another one, if only because Alex needs to do it again. If he does, the rest of us will have the fear of missing out, so it'll be hard not to say, 'Yeah, let's do it!'" ■



The crew celebrating back on the mainland

FROM TOP: JOHN BLDERBACK; ALICIA DOHERTY

#DontCrackUnderPressure



TAG Heuer

SWISS AVANT-GARDE SINCE 1860

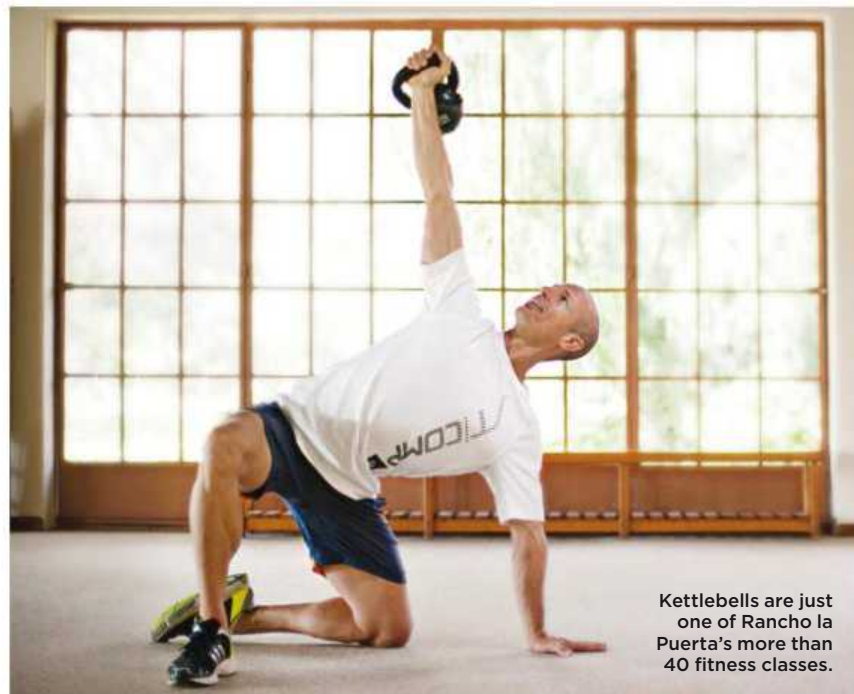


TAG HEUER CARRERA CALIBRE 16 DAY-DATE

Cristiano Ronaldo is born to break all the records. His motivation is to win at every occasion to challenge the human statistics. Like TAG Heuer, Ronaldo surpasses the limits of his field and never cracks under pressure.

Get Fit Trips

Skip the bottomless daiquiris. Here are the best retreats to help you relax, recharge, and get ripped. **by JAYME MOYE**



Kettlebells are just one of Rancho la Puerta's more than 40 fitness classes.

CARIBBEAN FITNESS AND NUTRITION REBOOT

The Body Holiday, St. Lucia

In a private cove on the northwest shore of St. Lucia, the Body Holiday is a beach resort with state-of-the-art wellness programs: more than 30 daily fitness and yoga classes and a complimentary 30-minute personal training session. A team of sports physiologists and a nutritionist are on hand if you want guidance in anything from a detox diet to a total nutrition and fitness overhaul, including VO₂ max and metabolic testing. At the end of the week, you can sign up for a quadrathlon challenge: an eight-mile mountain-bike ride followed by a 2.5-mile run up to the top of Pigeon Island, a rappel down a 100-foot cliff, and then a 1.5-mile kayak paddle back to the starting point. It's as challenging as any Tough Mudder, but the reward is far more lasting than an orange headband. *From \$2,500 per week; thebodyholiday.com*

TOTAL-BODY TRANSFORMATION IN THE DESERT

Rancho la Puerta, Mexico

This 3,000-acre resort, set in the cactus-studded desert an hour south of San Diego, is a fitness paradise, with 40 miles of trails crossing from vineyards into high-desert wilderness. You have to commit to a weeklong stay and a pescatarian diet, but what you do beyond that is up to you: everything from cardio boxing and tai chi to yoga and TRX — all taught by certified instructors. “First-time guests tend to start off with too much,” says Barry Shingle, the resort’s director of guest relations. “They hit the wall by day three and realize they need to work in some spa treatments and hammock time.” Every night there are wellness presentations, or you can just relax in your private bungalow. “Between the walking, the classes, and the healthy diet, I’ve had guys lose 10 to 12 pounds,” says Shingle. *From \$3,250 per week; rancholapuerta.com*



Rappelling off the top of St. Lucia's Pigeon Island



The Siam's infinity pool

LUXE KICKBOXING IN SOUTHEAST ASIA

The Siam, Thailand

The Siam resort, located in the heart of Bangkok, is a mash-up of cushy meditation retreat, high-end tattoo studio, and Manhattan kickboxing gym. And because it's owned by Thailand's Sukosol family, the country's premier hoteliers, it has spared no expense in hiring the world's foremost experts to walk you through your days. Each starts with 6:00 AM yoga, followed by two to three hours of training at the resort's kickboxing ring. “Muay Thai is not only a full-body workout, but also a full-mind workout,” says Kru Yim, coach for the Thai Olympic team and the resort's resident instructor. Afterward you can hit the spa for a 60-minute massage or head into town to watch a fight at Rajadamnern Stadium. Not into combat sports? Skip it for laps in the infinity pool or take a Thai cooking class while sampling whiskeys. The resort even has its own tattoo artist, Arjan Boo. His intricate designs are believed to be magical, bestowing mystical powers on the bearer — and after coming home from a week of fighting, and with some new ink, you'll feel like a new person. *From \$500 per night; thesiamhotel.com*

SKILLS CAMPS FOR GROWN-UPS

Sport-specific retreats to take your game to the next level.

The Cycling House, Arizona

Six-day training camps for bikers and triathletes in the Sonoran Desert. Expect to pedal 45 to 80 fully supported miles per day, with pro tips and chef-prepared meals. *From \$1,895; thecyclinghouse.com*

Active at Altitude, Colorado

This trail-running clinic in Estes Park will help transform your gait under the tutelage of top experts. Workshops are followed by runs on the area's 355 miles of singletrack. *From \$550; activeataltitude.com*

Swim Vacation, Hawaii

Master open-water swimming on the Big Island with this weeklong adventure, which includes two guided swim sessions per day and video analysis of your stroke. *From \$6,495; swimvacation.com*

CLOCKWISE FROM TOP LEFT: COURTESY OF RANCHO LA PUERTA; COURTESY OF THE BODY HOLIDAY; COURTESY OF THE SIAM HOTEL

FOOD & DRINK

Irish Whiskey Comes of Age

Craft distilling is on the rise in the Emerald Isle, and the result is a new class of aged spirits that's showing up on U.S. shelves. **by ST. JOHN FRIZELL**

NOT LONG AGO, nearly every drop of Irish whiskey was made in one of four distilleries. Four! That's half as many as there are in Montana alone. The long story of how things got this way is the stuff of Irish ballads — politics, wars, emigration, Prohibition, and some strong-arm consolidation by megabrands Jameson and Bushmills. Today a dozen or so whiskey mills are upending that hegemony, though,

and cities from Dingle to Dublin have new distilleries for the first time in a generation. It will take a while for some of the offerings to mature — Irish whiskey gets its unmistakable charm from years of oak-barrel aging — but there are already some new blends from old stocks and exceptional single malts hitting the U.S. Call it the luck of the Irish: There's plenty of good stuff to drink while waiting on the even better yet to come.

THE SPLURGE

TEELING SINGLE MALT, \$65

Whiskey from Teeling's new Dublin distillery won't be ready for a few years, but the liquor from its old-stock barrels is flawless, a brawny single malt with character.

THE CULT CLASSIC

GREEN SPOT, \$50

Mitchell & Son, a Dublin wine merchant, has bottled this whiskey for decades. Named for the daub of green paint used to mark casks, it's rich, with plenty of ripe-fruit flavors.

THE HOLIDAY GIFT

KNAPPOGUE CASTLE 12-YEAR-OLD, \$60

In addition to a pricey limited release, Knappogue produces this nearly perfect 12-year-old — a fine, well-rounded whiskey with a hint of spice.

THE MIXER

2 GINGERS, \$20

Until recently it was only available in the Midwest, but 2 Gingers is now on shelves nationwide. It's sweet and smoky with a humble price that makes it a holiday-party workhorse.

THE COCKTAIL TIPPERARY

2 oz Irish whiskey
1 oz sweet vermouth, like Cocchi di Torino
½ oz green Chartreuse
1 lemon peel

Stir whiskey, vermouth, and Chartreuse with ice; strain into a cocktail glass. Garnish with lemon peel.



Scotch Vs. Irish

There aren't many hard rules that distinguish Irish whiskey from Scotch, except that one is made on the west side of the Irish Sea and the other isn't. But in general, Irish whiskeys lack the characteristic, sometimes overpowering smokiness that Scotch distillers achieve by roasting their malted barley over peat fires. Instead, Irish whiskey is usually made from a blend of raw and unpeated malted barley. Like Scotch, it's then aged for a minimum of three years, and often significantly longer. The result: a smooth spirit with subtle, complex flavors.



Fish Stew Made Simple

Three soothing soups from three countries, all delicious and easy to make. **by FRANCIS LAM**

HOT POTS in China, bouillabaisse in France, chowders in New England...wherever there's a coastline, there's bound to be a local take on fish stew. These soups may taste different, but they can be made using the same simple

technique. Start with the Thai-inspired stew below. Use any combination of meaty fish (like halibut, bass, or snapper) and shrimp or scallops. Then swap ingredients and seasonings to create Sicilian- and New England-inspired variations.

COCONUT-GINGER FISH STEW ▲

1 lb fish and shrimp or scallops
Salt or fish sauce to taste
3 tbsp vegetable oil
4 cloves garlic, finely chopped
1½-inch piece ginger, peeled and finely chopped
3 scallions, finely chopped
1 jalapeño pepper, chopped
1 cup clam juice
1½ cups coconut milk
2 cups diced vegetables (corn, green beans, and carrots work well)
Juice of ½ lime
Chopped basil, to taste
Chopped cilantro, to taste

1. Cut fish into ¾-inch pieces. Season with salt or fish sauce and set aside.
2. In a large sauté pan or medium Dutch oven, heat oil over medium heat. Add garlic, ginger, scallions, jalapeño, and a couple of pinches of salt. Cook, stirring, until soft, about 5 minutes.
3. Add clam juice, coconut milk, and a pinch of salt or splash of fish sauce. Bring to a boil, reduce to a simmer, add diced vegetables, and cook until tender, 5 to 10 minutes.
4. Add the seafood and cook, stirring gently, until cooked just through, about 3 minutes. Taste, season with salt or fish sauce as desired, add lime juice, basil, and cilantro, and serve.

▲ SICILIAN SEAFOOD STEW

1. Season fish as above. Heat **4 tbsp olive oil**. Add **1 tsp fennel seeds** and cook for about 20 seconds. Add garlic and **1 chopped onion** and cook until soft.
2. Add a **bulb of fennel** cut into half-inch dice, a **12-oz can crushed tomatoes**, and clam juice. Cook until fennel is tender, about 12 minutes.
3. Add seafood, **zest of half an orange**, and **¾ cup fresh-squeezed orange juice**. Finish the stew with a **handful of coarsely chopped parsley**.

NEW ENGLAND FISH CHOWDER ►

1. Season fish as above. Cook **4 strips of chopped bacon** in **1 tbsp vegetable oil** over medium heat until bacon is rendered. Add garlic and **1 chopped onion** and sauté 6 minutes.
2. Sprinkle in **1½ tbsp flour** and cook, stirring, for about a minute. Add clam juice and **1½ cups milk** and cook about 9 minutes. Add **2 cups fresh or frozen corn kernels** and cook 3 minutes.
3. Add seafood, **3 tbsp cream**, and **½ tsp fresh, chopped thyme**. Finish with **salt, fresh-ground black pepper**, and a squeeze of **lemon juice**.

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SPORTS



Dorenbos has more than football up his sleeve.

The Magic of the Long Snapper

Eagles' special teams star Jon Dorenbos approaches perfection on the field after a childhood marred by tragedy.

by **RICHARD RYS**

ON THE NIGHT the NFL kicks off its 2015 season, a hundred men and women are gathered in the Touch-Down Club, inside an otherwise empty Philadelphia Eagles stadium, for a meet-and-greet sponsored by a financial firm. While many are Eagles fans, few notice the player in a black sweater, khakis, and cowboy boots, despite his 10 unblemished seasons. That doesn't surprise Jon Dorenbos. He's a long snapper, perhaps the last unheralded position in football.

But the crowd swivels toward Dorenbos when he's introduced as the night's speaker and improbably leaps on a chair that looks too flimsy to hold his 6-foot, 250-pound frame.

"Here is the team coolness scale," he says, raising his right hand to the ceiling. "Quarterback . . . !" He lowers his hand a few inches: "Running back . . . !" The hand drops farther: "Wide receiver . . . !" Another dip: "Every other person associated with the organization!" He gets down from the chair

and places his hand on the carpet: "Long snappers are here, just so we're clear." It gets a big laugh.

And he's not really joking. Special teams speedsters return punts for touchdowns, field goal kickers change games with one swing of the leg — even defensive linemen score fantasy football points. But no one pays attention to the long snapper until he makes a mistake. That's something the affable 35-year-old Dorenbos, who's been to two Pro Bowls and earns \$1 million a season, has rarely done.

His ability to expertly snap a ball up to 15 yards isn't the only reason he's here tonight. He's a motivational speaker with a twist: Since the age of 13, Dorenbos has performed magic, and not the pull-a-quarter-from-behind-your-ear variety practiced by grandfathers everywhere. He asks an audience member to pick a card, then sketches a deck of playing cards on a piece of paper. He shakes the paper, and the chosen card, the six of hearts, appears to rise out of his illustration. On another sheet of paper, he draws a woman's palm and asks her to hold her hand up while he lights the paper on fire. Dorenbos asks if her hand is getting warm — no luck. He says maybe she's holding up the wrong hand. The woman shows the audience her other palm, and to her amazement it's blackened at the center. Between the tricks and the jokes, Dorenbos has everyone's attention. What he says next stops them cold. "When I was 12 years old, I was super-close to my dad," he says. "I came home one day, and out of nowhere, he murdered my mom."

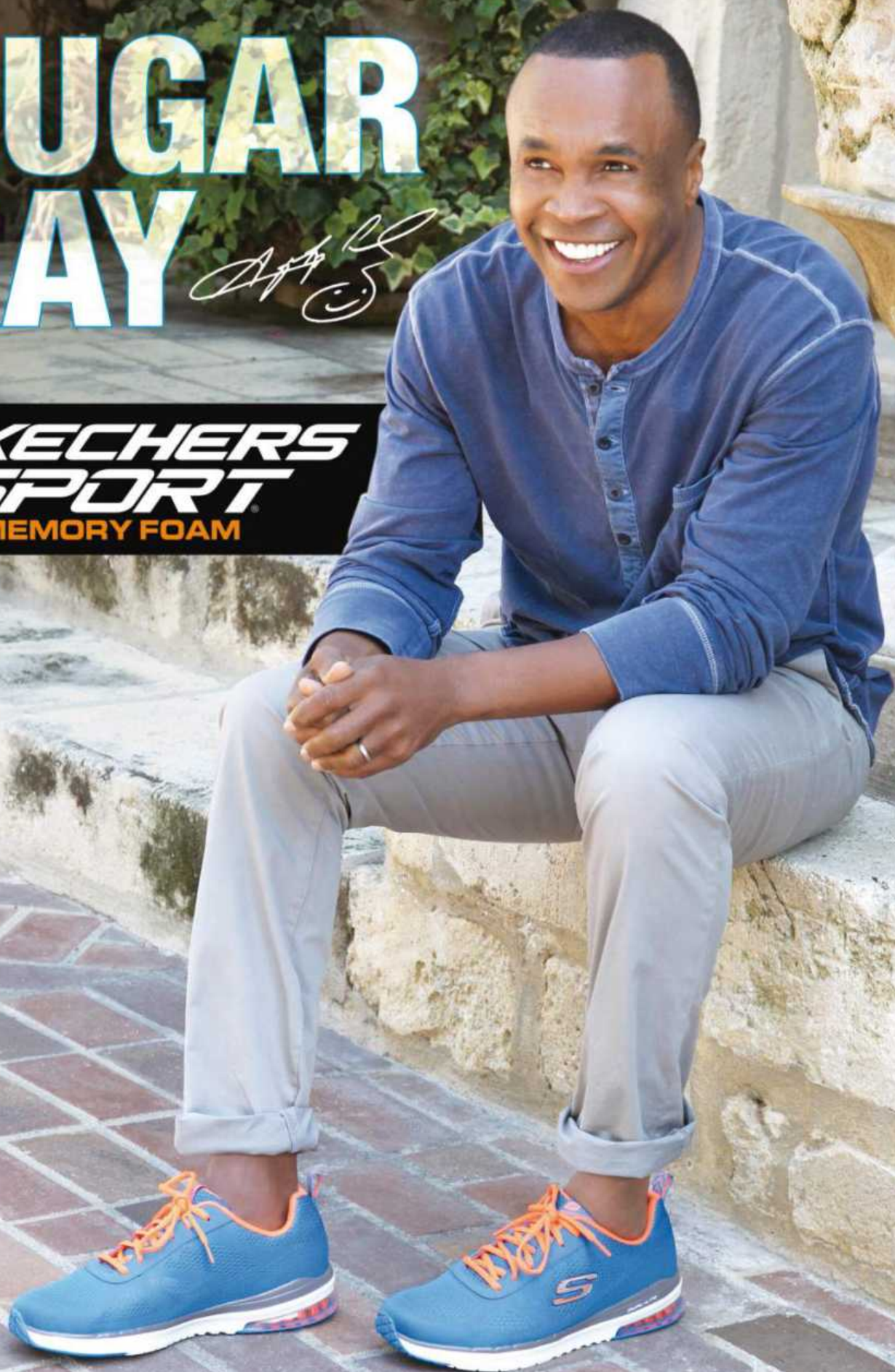
LONG SNAPPERS HAVE to maintain a Zen-like composure throughout a game, during which they will likely be on the field for a total of approximately one minute. "Your biggest enemy is yourself and your mind," Dorenbos tells me over crab fries at a sports bar near his Philly condo. "If a receiver drops a ball, he can come back on the next play, 60-yard touchdown, all is forgotten. If we screw up, we sit on the bench, and all you have is time to think about how you botched it." I tell him I watch at least three NFL games a week and that I rarely notice a long snapper. Dorenbos nods. "You're basically called on for 10 or 12 plays a game," he says. "A lot of people go to the bathroom or get a snack."

Consider the plight of long snapper Trey Junkin, who was weeks away from retirement in 2003 when the New York Giants signed him to replace their injured snapper. With six seconds remaining, Junkin lined up for what would have been a game-winning field goal. He blew the snap, and the Giants

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blew the third-biggest comeback in NFL playoff history. A decade later, Junkin told reporters that he was still jolted from sleep by the memory.

Ideally Dorenbos wants to shuttle the football to his punter in 0.75 seconds; on a field goal, the time from snap to kick is 1.28 seconds. "A hundredth of a second doesn't sound like a lot, but that's the difference between every punt and field goal getting blocked," says Dorenbos. "My ball — when I'm on — spins three and a half times, no movement. You're always in search of the perfect rep. I love doing something over and over that's very tedious until it's legit. I dig that process."

When he walks out to snap during a game, says Dorenbos, "in my own mind, I'm a character in a movie, and I'm going to act like the greatest snapper ever. I don't think of the impact I'll have on the game."

Dorenbos' former head coach in Buffalo, Gregg Williams, once made the point that Dorenbos' family history likely armored him for high-stakes pressure. "If something goes wrong in a game, I don't really think it's going to affect him," said Williams. "The situation won't be any bigger than what he's already been through."

GROWING UP IN the Seattle suburb of Woodinville, Dorenbos played everything but football and dreamed of wearing a Mariners jersey. The youngest of three, Jon was close to his father, Alan, a sales consultant for Microsoft and president of the local Little League. One Sunday in August 1992, with his brother and sister away, 12-year-old Jon came home for dinner to find his mother, Kathy, gone — "out with friends," his dad told him. The two played cards before Jon went to bed. Then Alan headed to the garage, where hours earlier he'd bludgeoned his wife to death with a power tool after an argument about a woman he'd been seeing. As Jon slept, Alan wrapped her body in a sleeping bag and repainted the garage.

The next day Alan turned himself in, and Dorenbos was told at baseball camp that his mother had died. All of Alan's children attended his trial, but only Jon testified. "I remember telling the D.A., 'If it helps end this, I'll do it.' I glanced over at my dad, and he had this cold, blank stare. They said, 'Raise your right hand,' and I raised my left hand. I was nervous as shit." Alan was convicted of second-degree murder and sentenced to 13 years and eight months. The last time Dorenbos saw him was through a glass partition a few months after the trial. "Shut the fuck up," said the boy, when Alan tried to speak. "Don't ever talk to us again." "Fuck you," Alan replied. Confronting his father was "traumatic," Dorenbos says. "One of the hardest things I've done in my life."



Dorenbos during a 2011 game against the Chicago Bears



Jon and his mother, Kathy

Jon and his sister, Krissy, went to live with an aunt in California. (Their brother, Randy, was 18 and chose to live with friends.) Back in Woodinville, Jon had met a neighbor who'd shown him his first magic trick. At the sports bar, he shows it to me: a sleight of hand move that transforms one red foam ball in my fist into seven. Through his teen years, Dorenbos spent hours learning deck shuffles and card flips. "I was subtly teaching myself discipline," he says. "This established something in me: I'll figure out life; I'll figure out how to do my job against a guy who's a foot taller and 100 pounds heavier than me."

Dorenbos went to a junior college as a linebacker with few expectations of going pro. But a friend at University of Texas, El Paso, told him they needed a long snapper. Dorenbos took VHS footage of himself and spliced it together with footage of his team's skilled long snapper. The result fooled UTEP's coaches and earned him a full ride. Luckily for Dorenbos, he developed a rocket-fast snap. "I knew I had the will to be good," he says.

Dorenbos credits therapy for helping him recover from his childhood and a recent

divorce. "It helped me be OK with closure," he says. "I know who I am. A lot of people don't." His father was released from prison in 2006, but Dorenbos hasn't spoken with him. "I forgive him, 100 percent," he says. "I forgive him for being lost in life. I had to forgive myself first, which was really hard — that there's nothing I could have done to change it. If it were affecting my life, would my mom want me to be that guy?"

With a year left on his contract, Dorenbos suggests he'd be OK with walking away. "I didn't think I'd play a snap in the NFL," he says. "Not once." When the conversation turns to magic, his eyes widen and his lips move in double time. He says he's drafting plans for a Vegas show. Football, he says, is just a step toward completing the life goal he wrote down as a teenager in his therapy journal: "I want to die happy."

BACK AT THE TouchDown Club, Dorenbos' presentation is coming to an end. Two men in ties and a striking brunette volunteer their rings, which Dorenbos squeezes in his hand. "The key is that we create our own integrity," he says. "So that the people around us feel better with us in their lives than without us. We're going to team up with each other. So did these rings." Dorenbos opens his hand to reveal the three rings are interlocked. "This is what life's about — coming together."

Later, as he's signing autographs, only a few people are watching the Steelers trying to topple the Patriots on the large-screen TVs. Dorenbos looks up to see Pittsburgh lining up for a field goal. The kick sails home. "Good snap," Dorenbos says quietly, if only to himself. ■

THIS FLIGHT

THIS FLIGHT

OR THIS ONE

EVEN THIS FLIGHT

THIS FLIGHT

OR THIS ONE

OR THIS ONE

OR THIS ONE

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WHAT'S
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The Midcentury Chair for the Modern Home

The cantilever chair, popularized by Mies van der Rohe, has been a staple of dining sets for nearly a century. It gets a contemporary makeover in the **Williams-Sonoma Brentwood Woven Leather Chair**, with a polished nickel frame that adds modern refinement to any room. \$1,995; wshome.com

A Call to Action for the Far North

Arctic sea ice is melting, but adventurer Sebastian Copeland's book **Arctica: The Vanishing North** has captured the North Pole before it disappears. Nearly 200 images, taken on eight trips over 10 years in harsh climates, give life to this frozen land while drawing attention to its plight. \$125; teneues.com



Skiwear Warmth for the Workday

The thigh-length **Helly Hansen Ask Business Coat** has a three-layer, waterproof shell that looks at home in the city. Inside, however, is a removable 800-fill goose down vest that slips over your suit jacket and keeps you toasty in any weather. \$800; hellyhansen.com



The Knife That Cuts Out the Middleman

Looking to become the Everlane of cutlery, **Misen** is taking a direct-to-consumer approach with its Kickstarter-funded chef's knife. The hardened steel blade has a higher carbon content than those from some far more expensive brands, resulting in a sharper, longer-lasting edge. \$65; misen.co



The Sport Ute for Royalty

The fastest-growing auto segment has a new luxury leader. The **Bentley Bentayga** is a ridiculously extravagant SUV, with a cockpit of exotic woods and quilted leather seats, but it performs like a sports car, rocketing from standstill to 60 mph in four seconds flat. From \$229,100; bentleymotors.com



A No-Nonsense Fitness Tracker

The plastic cases and bubbly LED faces of most activity monitors are out of place in many boardrooms, but the **Timex Metropolitan+** packs the standard movement-recording features into a stylish analog shell. See progress toward your daily step goal displayed on the watch dial, or tap into a smartphone-connected app for greater detail. \$125; timex.com



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A Better Sweater

With all the warmth and a lot less bulk, these refined knits are this winter's most comfortable weather-beaters.

by DENNIS TANG

THE ITCHY DIY knitting projects you once pulled on to brave the cold have been replaced by slimmer cuts and smarter fabrics that look better, too. From modern blends to classic knits, these six are primed to keep you sharp through the worst that winter can dish out.

1
BURBERRY
(\$895)
Burberry's two-tone knit adds texture without bulk for an indispensable layer that impresses alone or sits comfortably under a sports jacket. Or toss on a dark coat that contrasts well with the sweater's burgundy.

2
GAP
(\$60)
An affordable update on the timeless cable-knit sweater, this slimmed-down lamb's wool crewneck "pairs perfectly with dark denim," says Gap's John Caruso, "and goes great under a parka."

3
CLUB MONACO
(\$99)
Festive without going overboard, the muted tones, Fair Isle design, and thick ribbed cuffs of this Club Monaco sweater punch up your outfit. Wear it with casual pants and sneakers for more relaxed proceedings.

4
AUTUMN CASHMERE
(\$309)
Life sometimes calls for thinner, more versatile knits. This cashmere and merino wool blend makes for an ideal middle layer: over a solid button-down, under a medium-weight jacket.

5
CARHARTT WIP
(\$138)
The iconic workwear brand brings modern tailoring to the chunky sweater with a wool and nylon blend. It's rugged enough to withstand days in the shop but is easily elevated with a scarf and dress boots.

6
L.L. BEAN
(\$149)
Originally crafted to help Irish fishermen fend off wind and rain, the intensely warm and durable Aran-style sweater can stand as a brawny outer layer. "Pull it over your favorite flannel," says L.L. Bean's Jim Gott.

CHANGE IT UP

You can get more mileage out of a solid, neutral sweater season to season by layering it with different patterns, colors, and textures.

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TO WHAT'S NEXT. GOOSEISLAND.COM



MOVIES



Tarantino on set, sometime before or after hooking up in the bathroom of a local bar (allegedly)



The cast, including Kurt Russell (center), joins locals in appeasing the snow god with a bonfire.



Telluride's main drag, during quieter times

Tarantino Takes Telluride

When Quentin Tarantino and his crew invaded the close-knit mountain town, it was inevitable that something would go down. **by DAVID BROWNE**

IT WAS AFTER MIDNIGHT when Stuart Armstrong got the call. As the owner of Telluride's lone tire and auto-repair shop, he was accustomed to fielding late-night requests for towing. But when the caller mentioned the location — a road coming down from a nearby ranch — Armstrong knew immediately who was responsible. Three months earlier, a crew of 150 had descended on the insular town for the making of Quentin Tarantino's new western, *The Hateful Eight*, and in addition to racy theme parties and closing down the local dive bar, they had become notorious for terrible driving: One day, a local mountain guide counted 10 Suburbans and SUVs in the ditch along an iced-over Silver Pick Road. This time, though, it was a crew bus that had slid into a snowbank as it headed back to town. "They were driving like they were in L.A.," says Armstrong. "You don't

leave a skid mark 50 feet long and then go off an embankment if you're only going 15 miles per hour. That just doesn't happen."

Telluride, the onetime mining outpost turned ski-bum paradise nestled in the far end of a box canyon, has seen its share of what one local calls "Hollywoodos." Starting with 1969's *True Grit*, starring John Wayne, half a dozen movies have been filmed in the area, and A-listers from Tom Cruise to Oliver Stone own or have owned property there. The town has a year-round population of just 2,400, and its longtime residents, who know each other's business like dorm mates, can be dismissive of tourists. But they can also latch on to the weekly infusion of new faces and out-of-state money when they need an escape. So it was no surprise that when the crew, with their hefty Hollywood per diems, arrived in the town in late 2014, things got a little out of control.

Set a decade after the Civil War, *The Hateful Eight*, due out in December, features the usual coterie of Tarantino regulars — Samuel L. Jackson, Kurt Russell, Tim Roth, and Bruce Dern, along with Channing Tatum and Jennifer Jason Leigh. A combination western and whodunit, it's largely set inside a haberdashery during a blizzard. "Quentin wanted a very jagged and steep, snow-covered mountain," says *Hateful Eight* producer Richard N. Gladstein — which led them to Telluride. "That's what we were looking for."

When Colorado ponied up a \$5 million tax incentive, the decision was easy. "Their interest in having us shoot," says Gladstein, "is because we spend a lot, eat a lot of food, and drink a lot of booze." But Telluride had other appealing aspects — namely four weed dispensaries. "The fact that you could legally smoke weed in Colorado helped seal the deal," says one local who worked with the crew.

CLOCKWISE FROM LEFT: COURTESY OF SAMUEL L. JACKSON/FACEBOOK; INGRID LUNDAHL; WHIT RICHARDSON/ALAMY





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Tarantino, right, and cast going over the screenplay

Much of the filming took place at Schmid Ranch, a 900-acre property southwest of Telluride. A temporary sawmill was set up for the construction of a massive barn and old store used in the film. Then there was the food served on set. "It was like nothing I've ever seen in my life," says Brian Ahern, a resident of Telluride and the vice chair of the local Democratic Party, who helped work on the set. "The sun's not up, and you're saying, 'I'll have a lobster and avocado omelet, egg white, please.' The feeling was every man should be treated like a king."

The movie was filmed in 70 millimeter — Tarantino's preference — and, as per tradition, champagne was broken out after every 100th roll of film was shot. A theme bash would soon follow. One night Tarantino hired a mariachi band, according to attendees. On another he arranged for an Oktoberfest, complete with two Saint Bernards and barmaids dressed up in revealing lederhosen.

Although Telluride received heavy snowfall in the early months of production, the precipitation abruptly stopped in January, halfway through. Locals became restless, as they do when it doesn't snow, and because the movie's scenes required snow, the filming slowed to a crawl. Killing time, crew members grabbed shotguns and rifles and began shooting beer cans. But as the weeks wore on and the bills piled up, the stress mounted and talk briefly turned toward packing up and heading to Wyoming or Utah. To help boost morale, Tarantino, Jackson, Michael Madsen, and others joined locals in a longtime tradition to appease the snow god: the ski burn, a bonfire in the middle of town that's stoked with wooden skis. Whether it was luck, the ceremony, or a Native American hired to do a snow dance on the set a few days later, two feet of white stuff soon blanketed the town.

With the snow back, work resumed. But as Gladstein soon learned, the cars the crew rented didn't come with snow tires. "It was ridiculous," he says. Soon enough, they were

sliding into ditches with almost comical regularity. Armstrong's Telluride Tire and Auto Service wound up selling about \$160,000 in snow tires and chains.

As the filming wore on, the cast and crew were increasingly treated like locals. They'd frequent the town's upscale restaurant at the New Sheridan hotel or walk the streets for morning coffee. Russell, who'd grown a beard and long hair for his character, fit in the most. "Everyone in the crew just melted into the town," says the mayor, Stu Fraser. "They became part of it."

Nowhere was that more apparent than at O'Bannon's, one of the loudest, rowdiest dives in Telluride — "the rougher of the places in town," one of its bartenders proudly brags. For Tarantino and his crew, O'Bannon's was perfect. "You're not looking for the Four Seasons," says Gladstein. "It's very much a party when we aren't working." O'Bannon's, like much of Telluride, also promised discretion: As Tim Territo, a local location scout, says, "What happens in O'Bannon's stays in O'Bannon's." That was

largely true of the rest of the town, too. "We're not like Aspen," says one official. "Celebrities can come here and do whatever they want."

So the crew, with their per diems, partied, especially during the lull. "They would give you a hundred-dollar bill and buy a couple of drinks and say, 'Keep the change,'" says O'Bannon's owner, Ann Marie Fitzpatrick. "And you'd say, 'Um, the tab is \$28.'" Tarantino, who favored honey-flavored Jack Daniel's, signed O'Bannon's hats and even put up with patrons asking him for details about his movies. According to local legend, he hooked up with at least one woman in the bathroom and, living up to his foot-fetish reputation, is rumored to have sampled the toes of a few local girls.

When filming finally ended in March, the crew threw a wrap party at a local mine that's now a combination art space and sort of Burning Man exhibition. Dozens of Telluride locals turned out. "I made a couple of phone calls and had everyone come," says one resident who worked on set. As Territo watched, the lighting crew projected a 25-foot-high image of a martini glass above the entrance. "It was fun having all those guys around," he says a bit wistfully. "Man, it was the biggest thing in a long time." ■

Ski Town Legends

The Rockies' history of celebrity shenanigans.

1 ELVIS PRESLEY Vail, 1976

When the King celebrated his 41st birthday in Vail, he never skied once. In fact, he never even came outside during the day. He emerged only after dark to ride snowmobiles on Golden Peak, near town — often until 5 a.m. It was against the law to use a snowmobile in that area, but the local sheriff gave Elvis a pass.

2 BILL MURRAY Aspen, 1979

While researching the role of Hunter S. Thompson for *Where the Buffalo Roam*, legend has it, Bill Murray was duct-taped by Thompson to a chair at the Hotel Jerome during some Houdini one-upmanship, then tossed into the pool. When Murray couldn't extricate himself before drowning, Thompson fished him out.

3 DONALD TRUMP Aspen, 1990

During his first marriage, to Ivana, Trump decamped to Aspen with Ivana and his then mistress, Marla Maples. The two women were seen exchanging words at a local restaurant and, later, Ivana laid into Trump on the slopes. When he skied off, Ivana, the better skier, allegedly chased him down to continue the berating.

4 QUENTIN TARANTINO Jackson Hole, 2012

While filming scenes for *Django Unchained*, Tarantino and his crew rented out a hundred rooms for a week at Snow King Resort, racking up a \$500,000 bill in town. According to local legend, he also paid a hefty sum to get a waitress at The Kitchen to spoon-feed him his entire meal.

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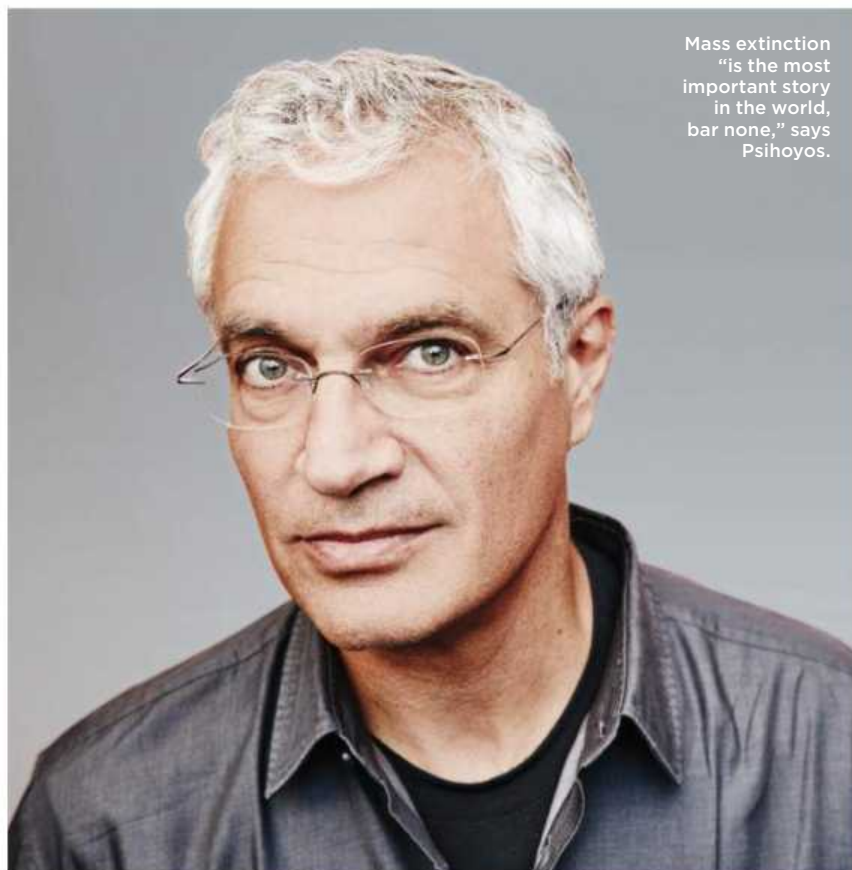


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Witness to Extinction

The Cove director Louie Psihoyos goes undercover again, this time to bring attention to the most overlooked crisis threatening the planet. by RYAN KROGH



Mass extinction
“is the most
important story
in the world,
bar none,” says
Psihoyos.

IN THE HISTORY BOOKS a thousand years from now, says filmmaker Louie Psihoyos, the atrocities of World War II will be a footnote compared to those of this generation. “We’re possibly presiding over the largest loss of biological diversity since a meteor killed off the dinosaurs,” he says. By most estimates, the world is going through its first mass extinction in 65 million years, only the sixth such event in the history of the planet. Species are disappearing at a rate 20 to 100 times faster than normal, and by 2100, nearly a half of all higher life-forms — polar bears, sea turtles, rhinos — could be gone forever. “To me, this is the most important story in the world,” says Psihoyos, who was a photographer for *National Geographic* for two decades, “and most people don’t know a thing about it.”

In his new film, *Racing Extinction* — which the Discovery Channel is airing in 220 countries and territories in December — Psihoyos attempts to change that. Using the style of guerrilla filmmaking he employed in his

Oscar-winning documentary, *The Cove*, in which he covertly captured the slaughter of dolphins in Japan, he infiltrates black markets in China, revealing shocking images of thousands of dead animals for sale — manta rays, whale sharks, and piles of shark fins. The culprit this time is not an asteroid but mankind in the form of overfishing, wildlife poaching, and a climate warmed by carbon emissions.

It sounds dire, but Psihoyos says there’s reason to be hopeful. “When we started *The Cove*, they were killing 23,000 dolphins a year,” the 58-year-old told a packed theater at *Racing Extinction*’s New York premiere, in September. “Now they’re killing less than 6,000. Change can happen, and it can happen almost overnight.” We caught up with Psihoyos in Sausalito, California, where he lives.

Why are you so invested in this issue?

As a photographer, I’ve dug up extinct animals all over the world — I dove in rivers for megalodon and mastodon teeth, and I’ve photographed four stories on extinct animals. But I had never heard of the Anthropocene, this epoch in which man is creating a mass extinction, until I went to Sundance with *The Cove*. I took two books, one called *Terra*, by a friend of mine, Michael Novacek, who is the provost of New York’s American Museum of Natural History. The other was *A Reef in Time*, about the Great Barrier Reef, by Charlie Veron, former chief scientist for the Australian Institute of Marine Science. In it he talks about how we always lose the reefs before a mass extinction, and that’s exactly what’s going on now. So the biggest story in the world sort of fell in my lap.

Were there any times during filming when you felt threatened?

Every moment in the black market in China you feel threatened. They were closing down shops and shutting off lights and doors as we passed. In just a few minutes, large swaths of the market — which is the size of New York’s East Village — were closed. We were surrounded by a mob and had to get out fast. And the whole place literally smelled of death. The screams of the animals there still haunt me.

How do you not get overwhelmed by how dire everything is?

Well, I take a longer view. Back in 1978 or so, I spent the good part of a summer protesting nuclear power plants, and I met Pete Seeger at a music festival. He was trying to clean up the Hudson River, and he said, “Someday



Psihoyos works with artist Travis Threlkel to project images of endangered species on cultural icons like the Empire State Building. “If we can grab the attention of the world for just a moment,” says Psihoyos, “we can alert them to what’s going on.”

FROM TOP: MARTEN DE BOER/GETTY IMAGES; COURTESY OF OBSCURA



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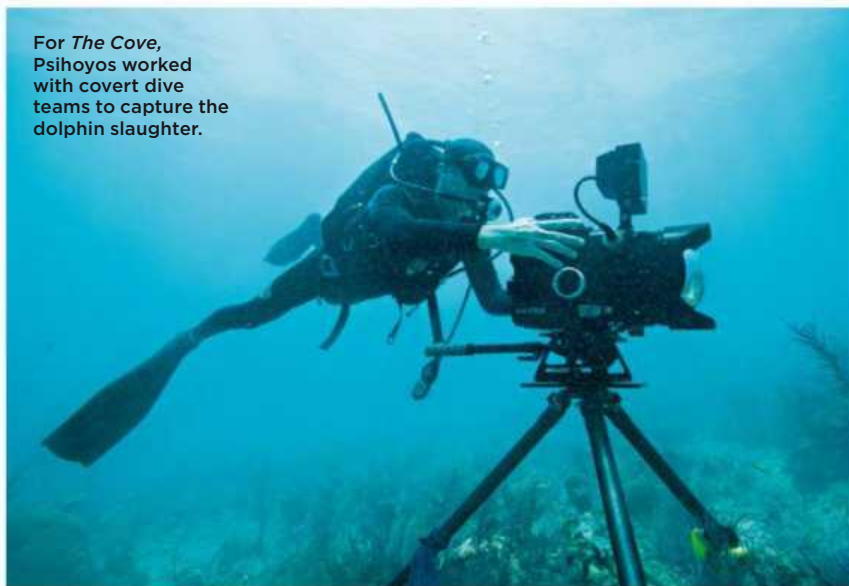
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MOVIES

For *The Cove*,
Psihoyos worked
with covert dive
teams to capture the
dolphin slaughter.



you'll be able to fish in this river. People will be able to sail and swim in it." And I thought, "What a dreamer!" He died last year, but now you can swim in the Hudson. People are actually using it for the things he dreamed of.

Is the solution to change people's individual habits or to get governments to make wholesale policy shifts?

You have to change people first, then get governments to respond. So policy might change because of people, but it's not going to happen directly. For instance, the vegetarian movement is very strong in other countries and it's growing, but you're not going to have any kind of mandates that people have to stop eating meat. You need to have people saying, "Hey, listen, we can't allocate so much of our energy to feeding cattle." At my organization, I don't allow people to eat meat inside the offices.

Why not?

We're in the business of trying to save the world. There's no way you can be an environmentalist and eat meat, knowing the damage it is doing, whether that's cutting down rain forests for pastures or the massive amount of methane cattle produce. People talk about taking fewer showers or banning SUVs, but by far the easiest thing to do would be to cut down on meat consumption.

When it comes to political change, how effective can a film really be?

People don't change behavior by information. People change their behavior by changing their emotions. I created this film to weaken people who think too much. When you hear the song of the last male 'o'o bird [a Hawaiian songbird] singing for a female that will never

"THERE'S NO WAY YOU CAN BE AN ENVIRONMENTALIST AND EAT MEAT."

come, it starts to melt you. This should give everybody pause, because scenarios like that are happening right now.

Besides missing a songbird's mating call, what else does this loss mean?

Humans, even though we see ourselves as above nature, are intricately connected to it. Every mountaintop we plunder, every forest we burn, and every ocean we foul, we're destroying ourselves along with this web of life that took billions of years to evolve. And we're killing incredible beauty before we even get to know it. It's like we're living in the Library of Congress and setting fire to unread books, destroying whole bodies of knowledge before we have a chance to understand them.

You're hopeful that we can change?

Well, I've also witnessed firsthand how changing is an absolute upgrade. I started driving electric cars about seven years ago, and now I never pay for gasoline. Even in December I get checks from the electric company because of my solar panels. This utopian world isn't so far off. It's right here, within grasp. One day people will look at internal-combustion-engine cars, and when you hear one coming down the street, you'll be like, "Boy, I wonder if they've got a permit for that." When the alternative is so much better, why would people not adopt that change quickly? ■



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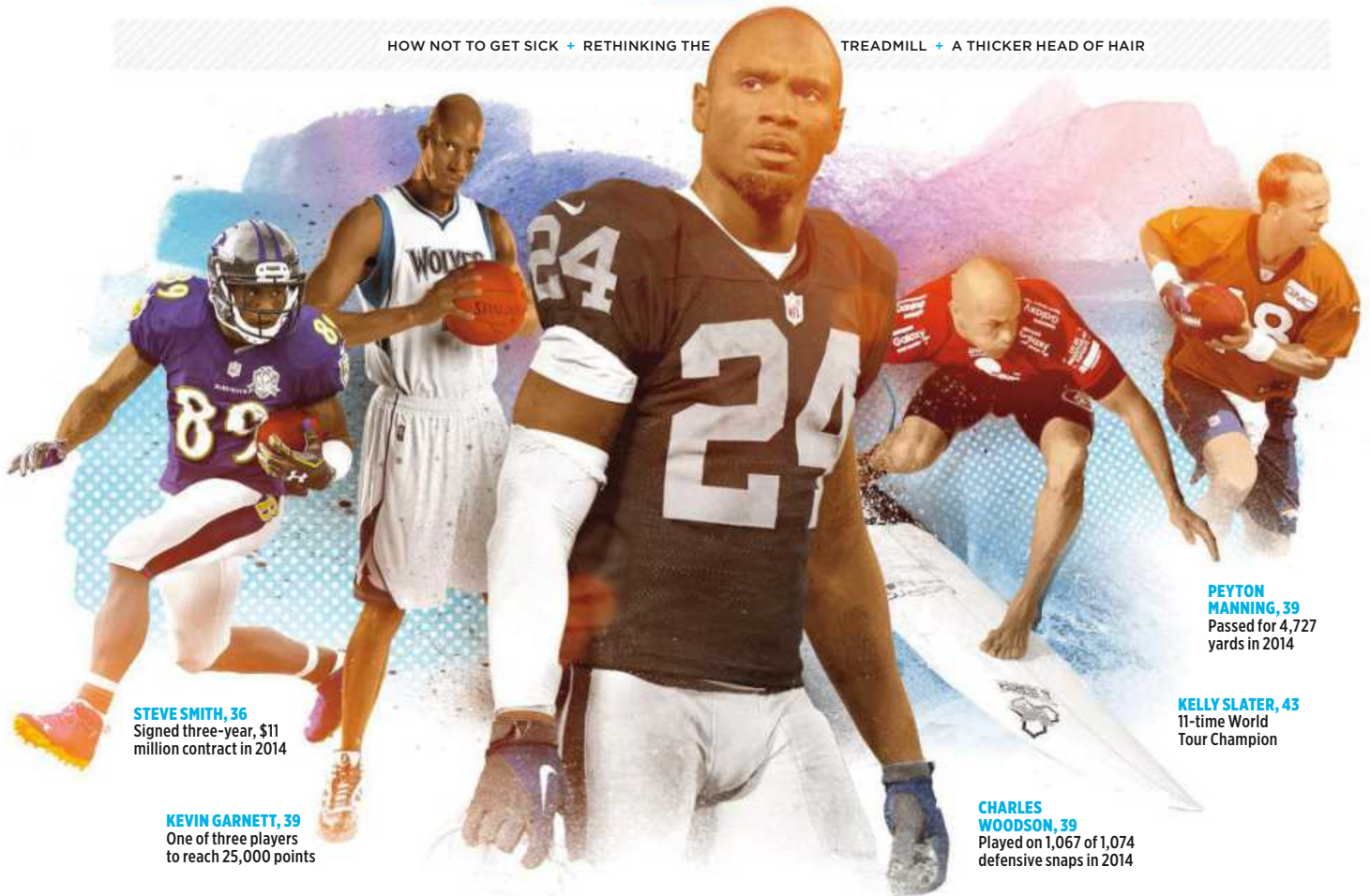


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STEVE SMITH, 36
Signed three-year, \$11 million contract in 2014

KEVIN GARNETT, 39
One of three players to reach 25,000 points

PEYTON MANNING, 39
Passed for 4,727 yards in 2014

KELLY SLATER, 43
11-time World Tour Champion

CHARLES WOODSON, 39
Played on 1,067 of 1,074 defensive snaps in 2014

Aged to Perfection

Nearly every sport has a longtime veteran, past his supposed prime, who continues to dominate. Credit cutting-edge science, along with something as old as time: hard-earned wisdom. *by* DANIEL DUANE



YOU CAN'T WATCH ESPN for 10 minutes these days without seeing middle-aged pro athletes performing in ways no one thought possible a decade ago. Thirty-nine-year-old Peyton Manning had the second-best season of his legendary career in 2014, throwing for more than 4,700 yards. Pro surfer Kelly Slater, 43, dominates rivals young enough to be his children. The New York Mets' Bartolo Colon, 42, is the league's winningest active pitcher despite being 100 pounds heavier and 22 years older than he was on his draft day.

These are not anomalies. In almost all sports, older athletes are maintaining their intensity for longer than ever before. In professional sports, says Dr. Michael Joyner,

a specialist in healthy aging at the Mayo Clinic, "40 is the new 35."

In part, they have science to thank: Injuries that once benched athletes for entire seasons, like torn ACLs or rotator cuffs, can now be treated in a matter of months. And new experimental treatments, some of them available only overseas and costing tens of thousands of dollars, speed the healing process even more. They're also more disciplined, vigilant, and intense. After all, the economic incentives could not be stronger. At 39, for example, power forward Tim Duncan just signed a nearly \$11 million contract for two more years with the San Antonio Spurs. With cash like that on the table, it's no wonder that more pros are going to greater lengths to eke out another season or two.

While sci-fi procedures and custom nutrition plans help keep the body young, the 40-plus set thrives not in spite of, but in large part because of, their advanced age. All those years in the game may take a toll on the body, but they also mean finely tuned instincts and hard-earned wisdom. A young (or youngish) body and seasoned mind may be the most winning combination there is.

So how do these pros stay competitive so far past their sell-by dates? Here's what we learned.

1. They Push Weight

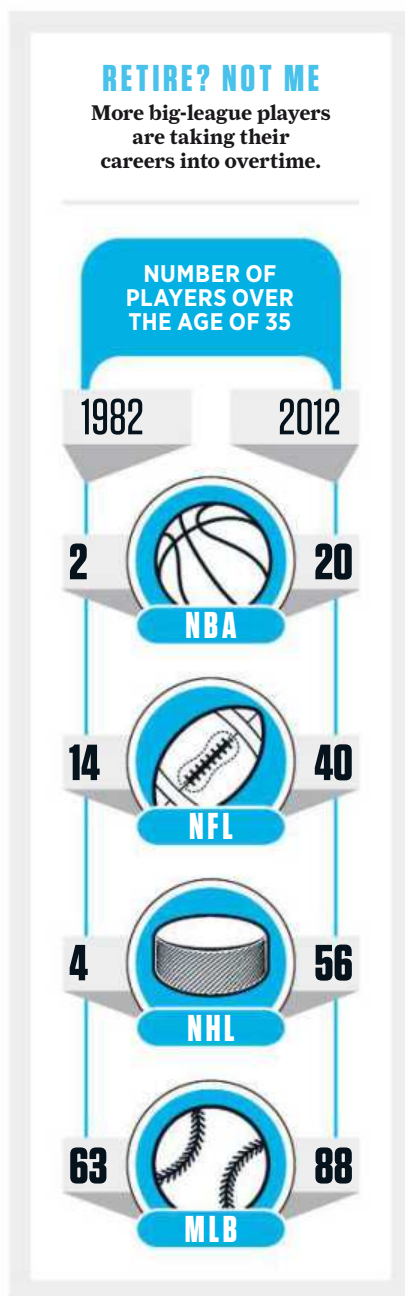
As the body ages, muscle mass fades if you don't work to maintain it. Fading muscle means fading strength as well as increased risk of injury, because tendons and liga-

ments weaken with age, too, making them prone to rupture. As a result, across all professional athletics, successful older athletes lift weights.

Oakland Raiders free safety Charles Woodson, still a starter in his 18th consecutive season at age 39, says strength training is a big reason for his longevity. "I really was not a big weight-room guy when I was younger," he says. "I would just show my face and do the minimum and then get out. But the older you get, you have to maintain strength." Woodson began serious weight training only midcareer, at Plex Athlete in Houston, a private training facility catering to NFL and NBA stars, as well as professional martial artists. The gains he made there led him to convert his Northern California garage into a private gym. "I have a half rack for squats, a dual cable machine, dumbbells, and a weight sled that I pull in my yard," he says. Each day in the off-season, after getting his sons off to school and then answering emails for his Napa Valley wine label, he lifts weights until lunch. "It's about making sure I'm going into training camp 100 percent ready and not worrying about pulling a hamstring or something," he says. So while most guys from Woodson's draft year call themselves lucky to walk unassisted into the Burger King they bought out by the interstate, Woodson played on 1,067 out of 1,074 possible defensive snaps in the 2014 season, logging 113 tackles and a place in the Raiders' 2015 starting lineup.

Older jocks tend to lift with great care and little regard for bragging rights, using routines designed to accomplish only their goals and little else. That's because at 35 or 40, they can't afford to waste energy or put the slightest unnecessary stress on their bodies. Steve Smith, the Baltimore Ravens wide receiver, is currently leading the NFL in career all-purpose yardage — despite being 36 years old and just 5-foot-9 and 195 pounds. Yet he isn't impressed by teammates who can bench 700 pounds. "Do you want to be that sledgehammer that can hit hard one time, or that water drop, dropping on that same spot a million times?" Smith asks. "I believe it does me much more good to bench 225 pounds 30 times."

Big-wave surfer Garrett McNamara, who rode a record-setting 100-footer off Portugal at the age of 45, stays ready with a personally designed mix of track sprints and body-weight calisthenics — all done while holding his breath to mimic the experience of being held underwater by giant surf. "I wake up early, between 3 and 5 in the morning," McNamara says. "I've got a stretching program that's specific to my body, to keep my lower back mobile and my shoulders strong. Then all of my strength exercises train the



exact opposite of the motions I have to do in the water, to keep my body balanced."

Kevin Garnett, the 39-year-old power forward with the Minnesota Timberwolves, runs on the sand outside his Malibu home, but drives north to Los Angeles to lift weights with Joe Abunassar at Impact Basketball, a private training center that draws about 100 NBA guys annually. Starting two weeks after the end of each season, Abunassar puts Garnett on a four-day split: "We start with two upper-body days of dips, pullups, and shoulder-stabilization stuff, plus core work

aimed at postural support," says Abunassar. "And two lower-body days when we're doing single-leg dumbbell-squats, step-ups, and squat jumps to keep the glutes firing and stabilize the hips and knees." If Garnett has any lingering injuries, or if Abunassar thinks Garnett's bodyweight is drifting a few pounds too high or low, this is when they deal with it.

2. They Have Food Issues

Metabolic rate drops with age, which means that even pro athletes burn fewer calories as they get older. Poor eating habits, meanwhile, can lead to increased inflammation, greater susceptibility to illness, and lower energy levels — all nonstarters for well-paid pros with big salaries on borrowed time.

"Younger guys can get away with bad nutrition," says Danny Arnold, Woodson's longtime trainer at Plex. "But as they start aging there has to be a change. Their bodies get to be like a car you've taken around the track over and over — except with a car you see the tires wearing out and you know the oil needs changing. It's harder to see with the human body."

That's why older pros can be as neurotic as soccer moms about what they eat. Woodson recounts a conversation he had years ago with Jerry Rice, the legendary 49ers wide receiver, who had a 20-year pro career: "Jerry told me that once he got past 10 years in the league, he tried to come into training camp every year one pound under whatever he came in at the year before. So I just started doing that myself."

Others take it further. In 2011, David Ortiz, the 40-year-old nine-time All-Star of the Boston Red Sox, spent a rumored \$17,000 on bioelectrical impedance body-fat testing and a series of antigen leukocyte antibody tests, or ALCAT — highly controversial blood exams that screen for sensitivity to 200 different foods, food additives, and molds. The tests gauge that sensitivity by measuring the speed at which the body mobilizes white blood cells in response to a given substance, producing a highly detailed list of every imaginable food you might want to stop eating forever. The idea is to reduce bloating, fatigue, body fat, poor sleep, and just about every other known ailment. The test seems to have helped Ortiz lose 20 pounds en route to Most Valuable Player in the 2013 World Series. Dirk Nowitzky, the 37-year-old power forward and all-time leading scorer for the Dallas Mavericks, is apparently a fan, as is Steve Nash, who, starting in 2009 at 35, squeezed out at least five NBA seasons — his current salary: \$9.3 million a year — with a little help from an ALCAT-recommended elimination of bread, sugar, tomatoes, and onions, and a big increase in nuts and lean proteins.

PREVIOUS SPREAD: SMITH: AP PHOTO/NICK WASS; GARNETT: DAVID SHERMAN/NBAE VIA GETTY IMAGES; WOODSON: AP PHOTO/RIC TAPIA; SLATER: MATTHEW STOCKMAN/GETTY IMAGES; MANNING: AP PHOTO/ERIC BAKER

Medical societies on multiple continents call the ALCAT unreliable junk science. But for athletes looking to maintain their edge, it appears to do the trick.

3. They Recover as Intensely as They Play

Getting off the plane after every away game, Steve Smith, 36, makes sure to call his wife — not just to say hello, but to remind her to prepare his favorite recovery tool, his Game Ready. Hugely popular among pros, the \$2,500 device is a compression sleeve for arms or legs, which is filled with ice water that circulates in variable levels of compression. The cold and compression reduce inflammation, which helps reduce muscle soreness, repair micro-traumas, and lower the chance of injury. Most athletes wear the device for 30- or 60-minute sessions. “I do acupuncture, too,” says Smith, “and I have a steam shower at home, and an H-Wave machine that helps stimulate and put blood flow to the muscle without physically activating it.”

Any trainer will tell you that the biggest challenge for older athletes is bouncing back from workouts and games. That’s why Jed Hartigan, Steve Smith’s longtime trainer at Velocity Sports Performance, in Charlotte, North Carolina, makes clients budget an hour of recuperative work, like yoga or soft-tissue therapy, for every hour of training. It’s also why San Antonio Spurs head coach Gregg Popovich famously benches Tim Duncan in noncritical games, part of a growing trend toward preserving older stars for when they can do the most good. Kevin Garnett, meanwhile, no longer plays five days in a row during his preseason while training with Abunassar. “The biggest change over the years with Kevin has been monitoring his overall weight,” Abunassar says, “making sure it’s not excessive, and ramping him up for the season at exactly the right time — not too early, not too late.”

At the most extreme end of recovery are \$50,000 cryotherapy chambers that increasingly are showing up at elite gyms. “You sit in it naked, with your head sticking out,” says Arnold, of Plex. “It cools down to negative 280 degrees, and you stay in about three minutes. I don’t want to say it’s like blood doping, but your body freaks out and starts circulating blood faster and producing more red blood cells, which helps with recovery and removes a lot of toxins. It’s like an internal oil change to the blood.”

4. They Spare No Expense

The strongest evidence that some perfect storm of sports science and technology is rewriting the rules of athletic longevity has to be Peyton Manning. He was already a



Wide receiver Steve Smith, 36, in the Baltimore Ravens weight room



Peyton Manning spent months relearning how to throw a football after undergoing three surgeries on his neck.

geriatric 35 years old in 2011 when a severe neck injury crippled his throwing arm. After undergoing surgery, Manning signed a five-year, \$90 million contract extension with the Colts, only to have his neck pain return. Another operation, to fuse vertebrae in his neck, forced him to sit out the entire 2011-12 season. That third surgery eased Manning’s pain, but his right arm had grown so weak that he had to relearn how to throw a football. He flew to Duke University to train with David Cutcliffe, the offensive coordinator from his collegiate days at Tennessee. After working for months in secrecy, he tested Manning’s arm by flying in a bunch of the quarterback’s old teammates from the Colts. Working in an undisclosed location, they recreated every offensive play from the 2009 AFC Championship game — in which Manning led the Colts on a series of memorable

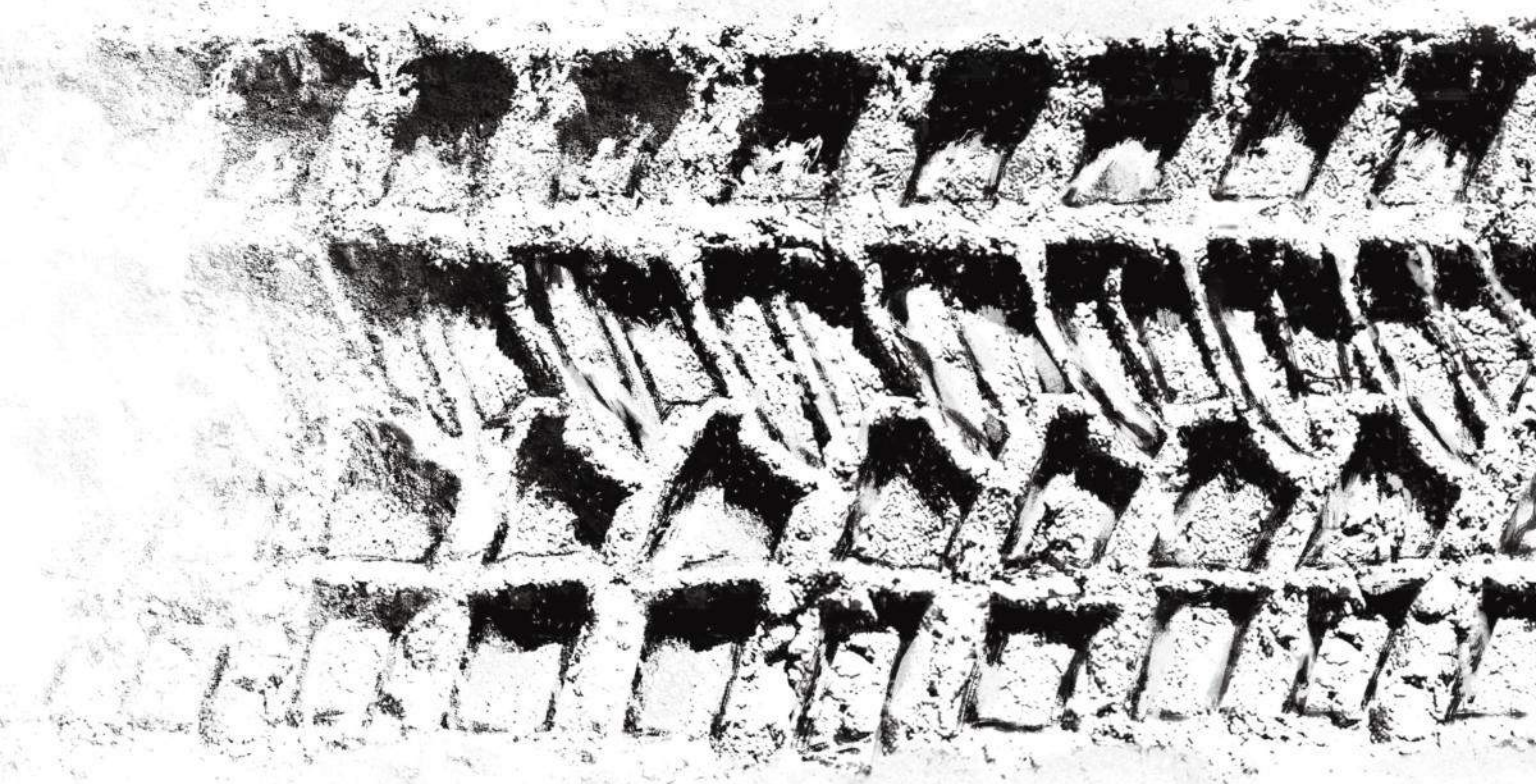
drives to beat the New York Jets 30-17. When Manning nailed every pass, they knew he was ready to play again. The Colts released him a week later, so Manning signed with Denver, where he set an all-time NFL record for single-season passing yards, soon breaking Brett Favre’s record for most career touchdowns.

Others are turning to a slew of quasi-medical treatments that promise to speed healing from injury. Kobe Bryant, for example, was reportedly on the brink of retirement back in 2011, due to knee pain. Then he flew to Germany for platelet-rich plasma therapy, or PRP, a form of so-called orthobiological medicine that leverages the body’s own ability to heal. The procedure began with Bryant’s blood being drawn, warmed, and spun in a centrifuge to separate out the platelets that help with the production of the growth

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factors that speed recovery. Doctors then injected that fluid into the injured part of Bryant's knee. The treatment, which costs as much as \$8,000 per injection, was so successful that Bryant's good friend, the Yankees' Alex Rodriguez, reportedly had it done five times to help bounce back after being sidelined by injuries.

Far more expensive is the stem-cell therapy used by Manning in 2011. The idea is to take stem-cell-rich fat or bone marrow, typically, and inject it into some injured area, in the hopes that it will aid in the regeneration of muscle, bone, ligaments, or tendons. The U.S. has extremely strict regulations surrounding the procedure. But European clinics harvest stem cells from liquefied placental tissue, cultivating those stem cells in petri dishes for injections of much higher concentration. A single injection can cost as much as \$25,000.

5. They Don't Play Harder — They Play Smarter

For all of us, the only real bright spot about getting older is getting wiser. And it's the same for pro athletes. "I liken it to Spider-Man," says Woodson. "When Spider-Man's in a situation,

"I DON'T HAVE TO RUN 100 MILES AN HOUR. I JUST HAVE TO UNDERSTAND THE DEFENSE."

everything slows down. That's how it is for an older player. Things are moving fast around you, but you have that extra sense."

Athletes also use their talents in more focused, strategic ways. "Early in my career," says Steve Smith, "I had a coach tell me, 'Technique beats speed every time,' and I was, like, 'Man, that's what slow people say.' Now I understand that it's not about how fast you can run that one route one time, it's about how consistently you can run it perfectly. Like, I don't have to run 100 miles an hour; I just have to understand the defense and utilize my technique at the beginning of the route to put doubt in that cornerback's instincts, so he doesn't know what I'm doing. Then at the end of the route, I do utilize my speed — but just enough to get that separation."

Wisdom also means developing emotional intelligence. "Some of it is a matter of these people being incredibly internally motivated," says Joyner, of the Mayo Clinic. But even motivation takes cultivation, and many older athletes talk about maintaining it just like they work to maintain muscle. "In my own draft class, there are guys who got picked in the top 15 whose careers were over seven years ago," says Smith. "But guys like me and Reggie Wayne and Santana Moss, we're still playing and still relevant. And sure, there are days where I'm like, 'I don't know why in the hell I'm doing this, I can just go home!' But I've learned to pull motivation from somewhere else — like being grateful, or telling yourself they just drafted a kid who wants your job."

But perhaps the best source of motivation is pure and simple love of the game. "I think of it like an old-school car, at a car show," Smith says. "Only the owner knows how much time it took to warm that baby up and to get it to the show — how you had to change the old-school spark plugs and wiggle that battery. But the fans don't care, and once you put on that uniform, you're saying, I'm ready to play." ■

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BEAT THE BUG: A SEVEN-STEP PLAN

1. GET SEVEN-PLUS HOURS OF SLEEP

Men who averaged this much shut-eye took fewer sick days from work than those who slept less, according to a recent Finnish study. Get a bad night's sleep, and testosterone and growth-hormone levels decrease, white-blood-cell function dives, and inflammation spikes — all leaving you more vulnerable to viruses. How much more? A recent study found that when people who regularly log more than seven hours of sleep are exposed to a cold virus, they have only a 14 percent chance of getting sick. With six hours or less, the risk quadruples.

2. SWAP VITAMIN C FOR D

We all know that loading up on vitamin C will help zap the first sign of a cold. Turns out we're all wrong. "You could eat snowflakes and two days later you'll feel better," says William Schaffner, an infectious-disease expert at Vanderbilt University. "That's just your immune system doing its job." The evidence is mixed at best for taking C, echinacea, and even zinc, according to the experts we consulted. What is actually proved to bolster immunity, says Dr. Evangeline Lausier of Duke Integrative Medicine, is vitamin D. The nutrient helps decrease inflammatory proteins and increase antimicrobial ones. You can't get enough through food alone, so take 2,000 IU daily.

3. DO LIKE THE CHINESE DO

In China, people swear by the root of the astragalus plant to stave off a cold. Many doctors here think they're onto something. That's because the astragalus root is an adaptogen — a substance that helps the body protect itself from a physical stressor such as a virus. "It's an immune-system stimulant," says Lausier. Available at pharmacies for about \$10 a bottle, it's meant to be taken daily, she says, to avoid getting sick. Check packaging carefully because potency varies.

4. SCRUB MORE AND LONGER

Viruses ejected from a sneeze, cough, or blown nose glom on to hard, flat surfaces — smartphones, weight machines, revolving doors — where they can stay alive and contagious for hours. The bugs travel from hands to infect the mouth, nose, and eyes during the 250-some times a day we touch our faces. The most effective defense is scrubbing hands with soap and water before you eat, when you leave the gym, and when you're with kids, says Bill Hanage, a Harvard epidemiology professor. But it can't be a cursory wash: Hanage says to scrub 20 seconds with hot H₂O to knock bugs off (hand sanitizer works in a pinch).

5. TAKE A RECOVERY DAY

Frequent exercisers get about a third fewer colds than couch riders, studies have found. But only up to a point. Extreme workouts that leave muscles aching or drain your energy can open you up to falling ill, says Dr. Randy Horwitz, medical director at the University of Arizona

STYLING BY GRAHAM CUMBERBATCH; GROOMING BY BILLY MERCER; MEN'S WEAR PROVIDED BY ST. BERNARD SPORTS, SERVICE MENSWEAR, STAG, AND CAPRA & CAVELLI; WOMEN'S WEAR PROVIDED BY ST. BERNARD SPORTS AND BYGEORGE

Be the Guy Who Doesn't Get Sick

The average person catches two or three colds a year. But who says you have to be average? *by MELAINA JUNTTI*



WHILE MOST OF US hack, wheeze, and sneeze our way through winter, there's always one person we know who some-

how never gets sick. What is he doing that the rest of us aren't? We decided to find out, diving into the latest research on influenza and colds, as well as fact-checking conventional wisdom and old wives' tales. And just in time: December, January, and February are the worst months for colds and the flu — thanks to

dry, chilly air (conditions in which viruses are most contagious) and the fact that we spend our days crowded indoors among co-workers, fellow commuters, and family members, at least one of whom should probably be home in bed. Each season, as many as 20 percent of us will come down with the flu, and odds are that most of us will get at least one cold. You could beat those numbers if you follow this advice. And if you do get sick — or if you already are — our expert tips will help you feel better, faster.

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Center for Integrative Medicine. After a demanding exercise, your body channels its energy into rebuilding muscle and other forms of repair. “The immune system,” he says, “usually takes the first hit.” To prevent illness and still get results, take one or two recovery days a week.

6. KNOCK OFF THE 3 PM SUGAR FIX

Candy, soda, fast food — they’re all pro-inflammatory, and dealing with them may distract your immune system from fending off viruses. “Your cells get so accustomed to taming inflammation that it becomes standard operating procedure for your body,” says Horwitz. “Then, when you really need a good inflammatory reaction to fight pathogens, it’s not readily available.”

7. SKIP THE CURE-ALLS

Countless packaged foods and supplements — trail mixes, protein shakes — claim to boost immunity. It’s hype, says Bruce Barrett, a family physician and alternative-medicine researcher. No one food or micronutrient can prevent disease, he says. “It’s the totality of your diet that matters.” That means exactly what you think: Eat fresh fruits and vegetables, well-sourced meats, whole grains, and as few sugary, packaged, and processed foods as possible.

I’M ALREADY SICK. WHAT SHOULD I DO?

DON’T RUSH TO THE DOCTOR

There’s nothing a physician can prescribe to cure a cold; they’re viral, and antibiotics are effective only against bacterial infections. Yet many will write a script for antibiotics anyway, says Jeffrey Linder, an internal medicine doctor at Brigham and Women’s Hospital in Boston. “You’re putting a chemical in your body that has virtually no chance of helping you and a very real chance of hurting you,” he says. Side effects of antibiotics include diarrhea, rashes, and an increased resistance to future doses of the drug.

DON’T DISMISS EVERY NATURAL REMEDY

Elderberry syrup, a centuries-old illness remedy, can shorten flu symptoms by four days, according to a 2004 study in *The Journal of Dietary Supplements*. As for traditional drugs, decongestants like Sudafed can offer temporary relief, but they won’t speed healing and may raise heart rate and blood pressure or cause insomnia, says Barrett. And beware of nasal sprays like Afrin, which can require a higher and higher dose to produce the same effect — and once you stop using it, you will be even more congested.

STOP BLOWING YOUR NOSE SO HARD

“It drives the virus farther up into your sinuses, which is the last thing you want,” says Schaffner. Instead, press your finger against one nostril, blow the other gently, then switch. This also keeps nasal passages from getting inflamed. When you shower, turn up the water temp to allow steam to open up the passages, too. “Cup your hands full of water and inhale the mist into your nose,” Schaffner suggests. “This gets warm moisture up there to help with drainage.” A neti pot filled with warm water and a teaspoon of salt can also help irrigate the nasal passages, Barrett says. Use it twice a day.

MAKE YOUR DRINKS HOT

You know to pound fluids when you’re sick — you’re sweating more (viruses raise body temperature) and losing fluids through a runny nose or constant sneezing. But all those drinks can be even more effective if served hot. Herbal teas or hot water with lemon or ginger may soothe irritated mucous membranes in the nose, throat, and gut. And it’s fine to add a comforting splash of something such as rum, Barrett says. Just avoid red wine and beer; these high-histamine alcohols may make your symptoms worse.

SLEEP

Battling a virus requires incredible metabolic energy. According to the doctors we consulted, every extra hour you spend sleeping, versus exerting yourself, will help you recover faster.

CHICKEN SOUP. REALLY. HERE’S WHY

This time-honored cold and flu remedy is actually backed by hard science. First and most important, chicken soup supplies fluids and electrolytes to help with hydration, says Duke’s Lausier. And because it’s broth-based and often includes rice or noodles, you get calories that are easily absorbed and metabolized and won’t further stress your gut, she adds. Even the meat helps — chicken and its broth are rich in the amino acid carnosine, which research shows lowers inflammation and inhibits the flu virus. Fresh herbs and spices pack in more healing power. “Garlic can help your body break down mucus, while ginger can relieve nausea if you have the flu,” Lausier says. And that steaming bowl could be even more effective if it is made by Mom (or a spouse or friend). Research has shown that when patients are doted on by a loved one, they really do improve more quickly.

It’s Not Too Late to Get the Flu Shot

Yes, the 2014 flu vaccine was a dud — only 23 percent effective. The experts didn’t expect the highly contagious H3N2 virus to mutate, so the vaccine wasn’t an accurate match. But this year’s shot, which includes the mutated strain, is different. “We have early data, and the flu viruses we identified are the same as those in the vaccine,” says infectious-disease expert William Schaffner. “It looks very effective.” In any case, several strains circulate every season, and a flu shot will always offer protection against some of them, as well as ensuring that if you do get the flu, your symptoms will be milder. It can take two weeks to kick in, though, so the sooner you get one, the better.

FROM LEFT: STACY VENTURA/STOCKFOD; SEZER YADIGAR/GETTY IMAGES

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Build a Thicker Head of Hair

This easy, four-step regimen will give you a stronger, healthier mane. *by* JULIA SAVACOO

GROOMING products tend to make big promises: They'll erase wrinkles, fix the bags under your eyes, lift sagging skin, take a decade's worth of wear off your face. We can see why you'd be skeptical. But there is one area where the right product can deliver real results: your hair. A good shampoo, a new conditioner, or a dab of a particular gel can make a noticeable difference, says New York City stylist Kristan Serafino. "They'll hydrate the hair, making it look plumper and shinier," she says. We decided to test that proposition by asking a handful of men to try these new hair-care goods for two weeks. The unanimous verdict: softer, healthier, fuller hair. Here, a simple regimen that works.

STEP 1: Lock in moisture

Take a few seconds to rub a quarter-size amount of Fig+Yarrow Hair+Scalp Tonic into your roots pre-shower. The formula contains horsetail, a mineral-rich plant that can stimulate blood flow to the scalp and help build collagen, which strengthens hair follicles. It also has hemp, olive, and avocado oils, which seal in the natural oils on your scalp. (Shampoos can strip these away.) Bonus: The tonic also works as a postshave moisturizer or a beard oil. \$34; figandyarrow.com

STEP 2: Shampoo

Brickell Daily Strengthening Shampoo does double duty, thickening individual strands with wheat protein and moisturizing the scalp with tea tree oil and vitamin E.

Though Brickell calls this a daily cleanser, there's no reason to wash your hair every day, says Carrie Butterworth, a stylist at Roy Teeluck Salon in New York City. "Overwashing actually makes hair look dry and dull," she says. "Guys with curly hair, especially, can wash as little as once a week." On those between-shampoo days, simply rinse hair with water and skip straight to step three. \$20; brickellmensproducts.com

STEP 3: Condition

Some of our testers thought they didn't need conditioner. Then they tried Portland General Store Thick. After two weeks, their hair was noticeably thicker and healthier-looking. This conditioner gets its color, a pale gray, from activated charcoal, which helps soften hair, too. Instead of massaging the conditioner into the scalp, pinch it only onto the ends of your hair, and leave it in at least two minutes — any less and the hair

shaft won't absorb the ingredients, Serafino says. (This goes for all conditioners.) And remember, "more doesn't mean better," she adds. Go over a dime-size amount and you're likely to have residue attracting dust particles that will make your hair look dirty. \$25; portlandgeneralstore.com

STEP 4: Style

After weeks of testing, we can vouch that Malin+Goetz Firm Hold Gel keeps your hair's shape through long days at the office and even through bike commutes

(despite wind and a helmet). The gel doesn't flake, freeze, or result in an overly oily appearance, either. "To get that more natural look, apply a pea-size amount to the tips of your fingers, and run fingers once from the back of your head to the front, then front to back," says Serafino. "This gives hair slight separation and texture without that slicked-down gel style." \$22; malinandgoetz.com



A SUB FOR SHAMPOO

Throw this in your gym bag when you won't have time to wash your hair. Rice powder and kaolin clay absorb excess oil and grease, and hair smells pretty great afterward, too. Sprinkle a teaspoon into your hands and work into the roots. Alder New York Natural Hair Powder, \$30; aldernewyork.com

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Get More From a Treadmill

A new wave of trainers and clubs are turning the hamster wheel into a total-body gym. Here's how to use it to its full potential.

by MATT HART



THE TREADMILL has long been synonymous with monotony — a place to zone out and pretend you're not watching *E!* Not anymore. Now boutique gyms like Barry's Bootcamp and Orangetheory use it for high-powered sprints between strength-training circuits. Big-box gyms post waitlists for group "tread classes." And the *New York Times* heralded treadmill studios as the potential successors to SoulCycle. Clearly, there's far more to do than a basic run. "We're using treadmills to work in different planes of motion, to do side shuffles, back pedals, to hike up the incline," says Joe Holder, a New York-based Nike run coach and trainer. Mix those creative workouts with the energy of a group class and the rise in running and race participation, and you have a perfect storm for the treadmill's renaissance. Getting in on it doesn't require a dedicated studio or class, just a good plan. Below, David Siik, running coach for Equinox and creator of its Precision Running program, outlines three. These workouts not only make a treadmill more effective, they keep you entertained. "You're engaged, your brain has to work, and your body has to make hundreds of decisions," says Siik. "You're too busy to be bored."

Try alternating deep lunges at a 15 percent incline with the speed at 1 mph.



THREE ROUTINES TO REACH ANY FITNESS GOAL

BURN FAT 10 minutes

What It Does

Aside from torching 10-plus calories a minute, this routine boosts speed and enhances the body's ability to get oxygen to muscles, making future workouts feel easier.

The Workout

- Jog 2 minutes to warm up.
- Set incline at 3 percent and speed at 8 to 10 mph (you should feel challenged); run 1 minute. Adjust speed to a jog for 1 minute to recover, retaining incline.
- Repeat 5 times, adding 0.5 mph and decreasing incline by 0.5 percent each time. The fifth and final interval should be at a 1 percent incline and 2 mph faster than the starting speed.
- Jog 2 minutes to cool down.

BUILD ENDURANCE 20 minutes

What It Does

Hill intervals fatigue the legs quickly. Working through that fatigue builds strength and endurance — ideal for stop-start sports like tennis and basketball.

The Workout

- Jog 2 minutes to warm up.
- Set incline at 2 percent and speed at 7 to 9 mph. Run 1 minute, then crank incline to 5 percent and run another 30 seconds. Adjust speed to 4 to 4.5 mph and walk for 1 minute to recover, with no incline.
- Repeat 8 times, making each progressive interval 0.3 mph faster. By the last interval, you should feel like you can just barely make it.
- Jog 2 minutes to cool down.

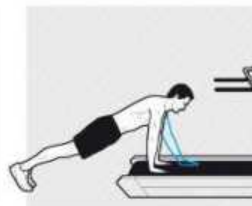
BOOST TOTAL-BODY STRENGTH 30 minutes

What It Does This metabolic-conditioning routine mixes body-weight strength work with demanding sprints to increase strength, speed, and endurance. Don't do it more than once a week — and expect to be sore afterward. **The Workout** Set incline at 4 percent and jog slowly for 5 minutes to warm up. Then, with belt still running, perform the following three circuits.



Incline Pushups

Stand on back of treadmill rails and grip handles under screen. Do pushups, keeping elbows close to body, back flat, and abs tight, for 30 seconds. Step on the treadmill belt, and run at a fast sprint for 1 minute. Do 5 sets.



"Walking" Planks

Set incline at 3 percent and speed at 0.5 mph. Kneel behind treadmill and walk hands on belt. Rise into plank position, and continue walking hands 30 seconds. Then get on treadmill, increase speed, and sprint 1 minute. Do 5 sets.



Sprinter's Step-ups

Plant right foot on back right rail, left foot on floor in a deep lunge. Step up, driving left knee to waist height. Return to start; do 10 reps. Repeat on opposite rail and leg, then do a 30-second all-out sprint on a 2 percent incline. Do 5 sets.

ILLUSTRATIONS BY JASON LEE; TREADMILL COURTESY OF SEARS

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WHAT WORKS FOR ME

TIM MCGRAW

Redefining Life on the Road

The 48-year-old country star traded late-night boozing on tour for intense daily workouts with the crew.



WHEN I'M ON TOUR, I work out with about 10 guys from my band, crew, and security. Or rather, I *start* the workouts with 10 guys. By the time I'm done, only three are still going. I got the athletic gene from my father [major league pitcher Tug McGraw], and I played every sport in high school and a lot in college— softball, basketball, flag football. But I never, you know, *exercised*. Lifting weights and training is a recent thing for me.

I started when I hit my early forties. It wasn't easy to look the way I wanted to look. Stuff didn't fit, and late-night beer sessions didn't help. I found myself trying to camouflage things, and every evening I'd try to find something I'd look halfway decent in onstage. I decided if I wanted to play music for a long time, and compete with the younger artists coming up, and be around for my grandkids, then I needed to take care of myself.

In 2008 I stopped drinking, and that turned everything in the right direction. But I had to replace it with something and get rid of all that time just sitting on the bus. Since I wasn't drinking, I started gathering the troops for a run. Eventually, we were doing 10-, 12-mile runs before shows. The guys took pride in the shape they were in. But after a while, the running beat us up. So we bought battle ropes and started doing short runs in between reps on the ropes. Eventually we had a gym built especially for touring that's basically a semitrailer with the sides cut out.

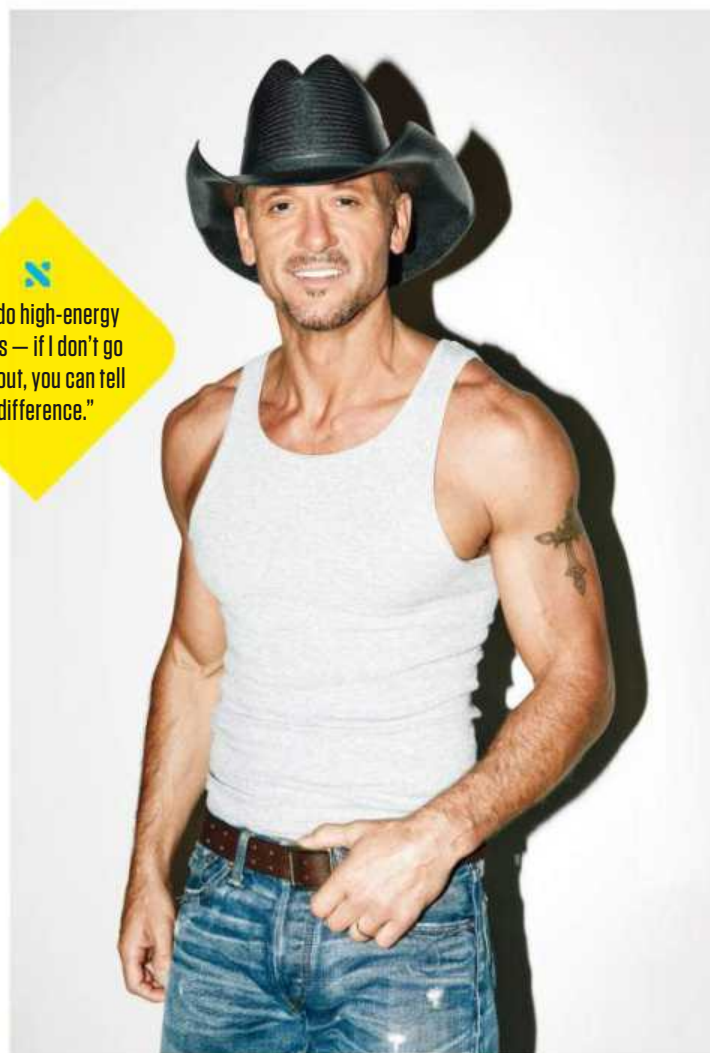
• The bust-ass routine

A few years into it, I hired a trainer, Roger Yuan, who whipped me into cyborg shape.

I learned a lot from him: elements of CrossFit, martial arts, mountain climbing, how to maintain a diet. I watch what I eat four days a week, and eat what I want the other three. Usually I have Sundays off. I sleep late, my wife cooks me a big Southern meal, and I lie around watching football. But if I've got a movie, TV show, or music video coming up, I go to a strict lean-out: oatmeal in the morning, a protein shake after my workout, tuna and half an avocado for lunch, then another workout and a protein shake. In the evening, grilled chicken and some spinach and polenta. Maybe frozen yogurt with granola before bed.

On tour, I design the workouts; it's typically a full-body combo of strength, agility, and cardio. We have an hour of lifting in the morning, then lunch, rest, and about an hour and a half of CrossFit-style work in the afternoon. For that, I plan three rounds of four rope exercises and I put together five stations in between each round — prisoner squats, a 200-yard run, and something for the abs, chest, back. Then we'll end with a run or a sled pull. When we played Red Rocks, we took Bulgarian bags, which weigh about 37 pounds, put them on our shoulders, and ran 20 laps on the lawn. You have to do things with intent and purpose. It's like playing football. It's not enough to

"We do high-energy shows — if I don't go work out, you can tell a difference."



be in the right place at the right time. You have to tackle with intent and purpose. Or you get run over.

• What training really yields

Watching football, at halftime I hop up for pushups or jumping jacks. If I have 20 minutes before lunch, I go for a jog. There are days I may not feel like training. Yesterday I did one round and felt out of breath, so I decided to stop. But then I realized the guys think of me as "the trainer." If I'm not out there, they aren't going to do this! So I made myself go back out. I think that hard work shows up in our performances. We do two-hour shows every night that are rocking. And I know that if I put in a lot of work that day, my body is going to do what I need it to onstage. It's like my high school coach always preached: Practice has to be harder than the game. ■ — As told to Burt Helm

Health News

This month's most important discoveries, updates, and advice.

by MELAINA JUNTTI



What a 6 PM coffee does to your sleep



Everybody knows that caffeine can keep you up at night. A new study shows that it can derail sleep the next morning, too. University of Cambridge researchers found that consuming the caffeine equivalent of a double espresso three hours before bed alters your circadian rhythms — the body's natural cues to fall asleep and wake up — and inhibits the release of melatonin, a hormone that promotes sleep. "On average, the nightly melatonin surge was delayed by nearly an hour, which is equivalent to one hour of jet lag," says study co-author John O'Neill. "This not only keeps you awake, but once you do fall asleep, it makes it far harder to get up the next morning — your body basically thinks you are one hour farther west." To avoid this jet-lag effect, consider a caffeine cutoff. Previous studies have shown that caffeine takes 45 minutes to an hour to peak in the bloodstream after being consumed, and six hours to lose its effects. "Based on this, I say 5 PM should be the latest," O'Neill says.

Run six miles a week, add three years to your life



Jogging six miles a week, all at once or spread out over seven days, can lower heart-disease risk up to 45 percent, the equivalent of three extra years of life, according to a new review of 20 studies. Interestingly, logging more miles yields no additional life-extending results. This wasn't the outcome researchers expected, says lead author Dr. Chip Lavie. "It may be, as with a lot of medicines, you reach 'dose effect' at a point," he explains. "After that, you get minimal return from raising the dose."

How to gauge your risk for testicular cancer



If your father, brother, uncle, or another immediate relative has had testicular cancer, you may want to be extra cautious. Family history dictates almost 50 percent of your risk, according to a new study of nearly 16 million people. By comparison, the genetic tie is 5 to 10 percent in most cancers. Testicular cancer is the most common form of cancer among otherwise healthy 15- to 35-year-old men. In addition to family history, infertility issues are a harbinger of the disease, says urologist Jamin Brahmbhatt. Infertility problems "are linked to genetic abnormalities," he says, "and those same genes may be contributing to testicular cancer." Fortunately, the disease is easy to detect and highly treatable, so it pays to be proactive, whatever your risk profile. "Every guy needs to check his balls once a month," Brahmbhatt says. "Feel for lumps, bumps, and other abnormalities."



Do you need a daily aspirin?

Recent reports touted new research showing that an aspirin a day helps prevent colon cancer. Before you start popping a pill each morning, though, here's an important fact that didn't make the headlines: This benefit applies only to those 50 and older with a high risk of the disease. For these people, aspirin can help stop blood platelets from secreting substances that promote the growth of cancers, says Eric Jacobs, an epidemiologist with the American Cancer Society. The problem: Daily aspirin can also encourage potentially life-threatening ulcers. For younger men with little risk of colon cancer, that's not a chance worth taking.



You need to drink eight glasses of water per day

FICTION "There's no one-size-fits-all prescription for water intake," says Dr. Mitchell Rosner, a kidney specialist at the University of Virginia. "Drink when you're thirsty, and you'll get all you need." Of course, you'll want more fluids after a workout than after sitting on the couch. But unless you're craving it, chugging the mythical 64 ounces a day has zero health benefit, Rosner says. Plus, he adds, you're likely getting a lot of water from produce, soup, tea, and beer — which are all hydrating.

Ask Dr. Bob

Our in-house doc answers your questions about health, fitness, and living adventurously.



SMART MEDICINE

I've seen a lot of doctor-on-demand apps lately, and they seem handy to use instead of visiting an actual doctor. What do you make of them?

I can see why they've become popular — it can be tough to get in to see a doctor, and using an app seems like a fast, convenient alternative. But I'm not a fan of most of these services. You're relying on someone who doesn't know you and isn't familiar with your medical history. And because you expect expedited service, I suspect that the physicians will be more likely to look for a quick fix. (A recent report revealed that teleconference doctors prescribe more broad-spectrum antibiotics — drugs that can kill both bad and good bacteria.) My advice: Make the time to find a doctor you respect and have a rapport with, and who is willing to answer your questions over the phone or via email. Recently, I've been doing Skype appoint-

ments with patients who are traveling or working abroad. I've found that progressive physicians are doing the same, and opening up to new forms of technology.

FITNESS FIX

I took up swimming, and always get water stuck in my ears. I've been using cotton swabs, but I know those can make things worse. Any advice?

I hear you! After my last Ironman race, my ears were plugged for a week. I wish I had known then this simple trick from the Cleveland Clinic: Soak a cotton ball with hydrogen peroxide, turn your head sideways, and drip the solution into your ear canal. Let it soak a few moments, then turn your head to let it drain out. This helps clean out wax that's trapping water in your ear. To prevent water from getting in there in the first place, I always wear moldable earplugs and pull my swim cap over my ears.

HEALTHIER HABITS

Every morning I have a choice: climb six flights to my office or take the elevator and walk down two long hallways — about 300 steps. Which is better, stairs or steps?

Stairs. Though the walk might seem a greater distance, the stairs act like a micro-interval workout, requiring you to lift your body weight with each step. Those cardiovascular and muscle-strengthening benefits trump the more low-intensity walking. Stairwells also make excellent training tools. At the Sudan hotel where I stayed for humanitarian missions in the early 2000s, there was no gym, so I hit the stairs, bounding to the top and swinging back down multiple steps at a time. It was a hell of a workout. ■

THE DOC IS ONLINE Email your questions for Dr. Bob Arnot to dr.bob@mensjournal.com.

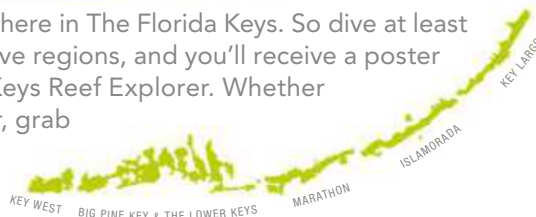


The Reef Explorer Challenge.
More fun with a buddy.

The
Florida Keys
& Key West
come as you are

We're always up for a new challenge here in The Florida Keys. So dive at least one designated reef in each of our five regions, and you'll receive a poster certifying you as an official Florida Keys Reef Explorer. Whether you're a novice or experienced diver, grab your buddy and come on down.

fla-keys.com/diving



FROM SURFER TO SYSTEMS GEEK

Inspired by the adventurous man that grew up wearing G-SHOCK, the G-STEEL series provides the toughness the brand is known for with a refined fashion forward metal body and solar power technology. No one captures the rugged yet refined essence of G-STEEL like **David Butler**, who grew up surfing the Florida coast and moved on to travel the world as Vice President of Innovation for Coca-Cola.

MEN'S JOURNAL CAUGHT UP WITH DAVID, A SELF-PROCLAIMED G-SHOCK SUPER-FAN AT COKE HQ IN ATLANTA.

Earlier in your career you were a tech entrepreneur. What it was like? I was a designer working for an awesome firm—I loved my job. And then I went online for the first time in 1995. And that changed everything—I saw nothing but possibility. Keep in mind, this was before Google, before Steve went back to Apple, dial-up connection—these were the early days of the Web. I co-founded a company called Process1234. We built things like CNN's first streaming media app. We had no idea what we were doing but that's okay, no one else did either.

You've got a unique perspective on applying design to solve problems. Can you expand? The Coca-Cola Company is in over 200 countries, has a portfolio of over 3500 products and almost 2 billion people drink one of our products every day. That's global scale. I learned very quickly that designing beautiful "one-off" solutions wasn't going to work at that scale. So, we developed a systems-based approach to design. Basically we designed modular systems—think Legos—as solutions that could adapt to the myriad of different needs around the world.

How did your role at Coke evolve from focusing on design to innovation? A couple of years ago, I was asked to "reimagine" innovation at The Coca-Cola Company. We began the journey by digging into the global startup ecosystem to determine what role we could/should authentically play. Most companies in our position invest in startups, accelerate startups or build new capabilities to "act" like startups. But we decided to go in a different direction. We designed a new model to "co-create" new startups with repeat founders around some of our biggest challenges. This model enables us to do things that would be very difficult for us to do internally and gives founders an investor/first-customer from day 1. In less than 2 years, we've built a portfolio of 12 companies in 10 countries.

The industry is evolving so quickly, what's next? I think dotcoms created the first wave in the digital revolution. We're currently

riding the second wave of venture-backed, high-growth startups. But I really think the next wave is when big companies truly co-create new companies with founders—not just invest in them. Imagine if 2 or 3 giant multinationals got together with founders around the world and really went for it—what could come out of that? I think it looks like today's Silicon Valley on steroids.

What's the best piece of advice for a "shock resistant" career? No matter what you do, always go big—really go for what seems almost impossible to pull off. When you go big, the shocks don't feel like shocks. They feel like small distractions compared to the rush you get when you finally make it.

Speaking of "shock resistant" what is it about G-Shock that attracts you to the brand? I started surfing/skating when I was a teenager and I've been a super-fan ever since. As a designer, I love the perfect balance of form and function—it looks as good as it works. This seems easy—it's not.

What do you think about the evolution of the G-Shock brand? Every company's dream is to build an "iconic" brand—a brand that has cultural meaning. But iconic brands are very hard to build. They must be utterly familiar yet continually surprising. Only a few brands reach this status—G-Shock is one of those brands.

How do you like the G-Steel? The G-Steel is awesome. I've spent a lot of time in Tokyo and one of my favorite things to do when I'm there is to try and find the latest limited and rare edition (Super G-Shock). Hopefully, this will open up many new possibilities!

As a designer, what do you think about G-Shock's evolution from resin to metal? Casio has been able to translate the authenticity of the original design in metal. That's something that we at Coca-Cola did when we designed our aluminum "contour bottle." We took everything that made the 100 year-old glass bottle authentic and translated into aluminum. In this case, Casio has done the same thing with G-Steel.



G-SHOCK
G-STEEL

**ABSOLUTE TOUGHNESS**

LAYERED GUARD STRUCTURE
SHOCK RESISTANT
200M WATER RESISTANT
SOLAR POWERED
DOUBLE LED LIGHT
WORLD TIME (31 TIME ZONES)



GSTS110D-1A



GSTS100D-1A4



GSTS100G-1A

GEAR *of the* YEAR

We spent 12 months testing and torturing everything from sleeping bags to gravel bikes to Bluetooth speakers. There's a lot of great stuff — but only the best make the cut.

The V7II Racer's 744cc powerplant produces a modest 48 horsepower, but it's not all about the numbers: This 90-degree twin-cylinder is known more for its torquey pulse and vibrational character than its outright speed.



THE ITALIAN BEAUTY

The term *racer* connotes knee-dragging speed, but the **2016 Moto Guzzi V7II Racer** tips its hat to a gentler era, when tires (and ties) were skinny. This retro roadster has the Italian brand's signature transverse engine configuration (massive cylinder heads in a V just ahead of the rider's knees) along with modern touches like antilock brakes and traction control, creating a package that bridges the gap between romance and rationality. **\$10,990; motoguzzi-us.com**

PROP STYLING BY SARAH GUIDO-LAAKSO FOR HALLEY RESOURCES

BREAKTHROUGH OR BUST?



Amazon Echo

Released with an eerie lack of fanfare, the **Amazon Echo** is proving to be groundbreaking: It's a Bluetooth speaker with a Wi-Fi-connected personal assistant hiding inside. Alexa — the name you use to invoke it — can play any music in the Amazon Prime library (or your own songs uploaded to Amazon's cloud) just by calling out an artist, album, or song. But that's just the tip of the iceberg: She can also read sports scores, control smart bulbs, and even add paper towels to your Amazon cart. After the novelty wore off (how many times can you ask Alexa to tell a joke?), we found the Echo to be most useful in the kitchen, where we would ask Alexa the day's forecast and have her turn on a podcast while we cooked. The verdict? The connected home is fun, and it actually may be useful. **\$180; amazon.com**

CAMPSITE MOOD LIGHTING

Of all the gear that brings the comforts of home to camping, none is as simple and rewarding as the **BioLite NanoGrid**. Our site was the envy of our backwoods neighbors with the welcoming glow created by the system's two yo-yo-shaped SiteLights, which daisy-chain in 10-foot stretches. They connect to a rechargeable base that gives off a 360-degree 200-lumen light bright enough to cook by, juices USB devices, and becomes a powerful flashlight with the touch of a button. **\$100; biolitestove.com**



In addition to the great picture, we appreciate the sleek design of the M-Series, especially the cast-aluminum A-frame legs.



4K TV FOR THE MASSES

You don't get costly extras like a curved screen and a voice-controlled remote, but the **60-Inch Vizio M-Series Ultra HD Full-Array LED Smart TV** has a 4K image (3,840 by 2,160 pixels) that looks fantastic. Credit goes to tech called local dimming, which controls brightness across 32 independent zones on the display. With built-in apps streaming Netflix and Amazon content in UHD, the time to buy a 4K set is officially now. **\$1,500; vizio.com**

A VIRTUAL COACH

Just pop off the end of the handle of any compatible racquet from Wilson, Head, Prince, or Yonex, replace it with the **Sony Smart Tennis Sensor**, and you have your own private coach. Heat maps tell you when you're hitting the sweet spot and the number of strokes, and even gauge spin measurement. Best of all, you can take video via the app on your smartphone and play it back in slo-mo for a detailed look at your swing. **\$200; sony.com**



A BACKLESS BAG

Traditional mummy bags are constricting and heavy. The **Nemo Tango Solo** is neither. The innovative duvet-like sleeper has no back and attaches to any sleeping pad. The result is a much lighter carry that works for any sleep style. When temps dipped toward the 30-degree limit, we added the draft collar and the optional hood for warmth. **\$300; nemoequipment.com**



BIG SOUND, SMALL BOX

Despite its six-by-six-inch footprint, the **Mass Fidelity Core** Bluetooth speaker churns out sound that belies its size, with real stereo separation — due to advanced signal processing that simulates a large soundstage. The result: There is no one perfect spot for listening, and you clearly hear the left and right channels, no matter where you are in the room.

\$599; massfidelity.com

A WATCH BUILT FOR ADVENTURE

The **Suunto Ambit3 Peak Sapphire** is loaded with tech to keep you on course and safe in the backcountry. Accurate GPS tracking lets you follow a preset route or navigate to a specific geo point (like your car, if you get lost), while a built-in barometer warns you of approaching storms. It's also tough as nails.

\$600; suunto.com



To inflate the air bags, simply pull an ignition handle, which cracks a compressed-nitrogen canister.



BACKCOUNTRY LIFESAVER

Avalanche packs are proved to reduce the chances of being buried alive, but they're expensive and permanently built into a single dedicated bag. **The North Face Modulator ABS** is the first system that can convert almost any backpack into an air-bag pack. If you're going off-piste, it's worth it. **\$1,000; thenorthface.com**



SHOES THAT MATCH YOUR SWING

This is a problem so obvious it's a wonder it has taken this long to find a solution: The **Adidas Asym Energy Boost** golf shoe comes in right- and left-handed versions designed for each swing. Spikes for traction are placed in different positions on each model; and the shoe for the front foot is designed to maintain firm contact with the ground while you swing. Plus, they're really comfortable for walking 18 holes. **\$250; adidasgolf.com**



YOUR FLY ON THE WALL AT HOME

There's plenty of buzz about the connected home but not enough useful products. The **Piper NV** is a great WiFi-connected security camera — you can stream 180-degree video day and night and get an alert on your phone if the device detects motion or sound. It monitors temperature, too, to keep tabs on possible heating failures. We also liked how you can review saved video without an additional subscription fee. This easy-to-set-up device and its user-friendly app gave our house all the brains it needs. **\$279; getpiper.com**



DISPOSABLE SHADES THAT DON'T LOOK IT

We're all for spending a few hundred bucks on great sunglasses, but sometimes when you head to the beach or trail, you don't want to stress about just throwing a pair in a bag. **Sunskis** are made from a tough polycarbonate that can handle a little abuse and still manage to look great. And because they're under \$50, we can afford a few different pairs of their retro looks. **From \$48; sunskis.com**



1

The All-Terrain Ride

Whether you call them gravel or adventure bikes, the road-style bicycle that can also hit the trail had a big year. Cannondale created the boldest version: The **Slate Ultegra** has drop bars, but it also has 30mm of front suspension and smaller tires with fatter tread that can plow down any path. **\$3,520; cannondale.com**

2

A 29er That Crushes All

The knock on mountain bikes with 29-inch wheels? Maneuverability. But the **Pivot Mach 429 Trail** is one of the most responsive we've ever tested due to a redesigned rear axle that makes the bike stiffer. The bonus is that its enduro-bike-like suspension absorbs bumps and still climbs effectively. **From \$2,499; pivotcycles.com**

3

Featherweight Racing

Just lifting the 10.25-pound **Trek Émonda SLR 10** messes with your head — it's the lightest production bike ever — but riding it is even more of a trip. You feel the watt-wringing stiffness of end-to-end carbon that is so well-balanced it corners and climbs equally fast. The final shock? The price. **\$15,000; trekbikes.com**

4

The Tesla of Bikes

Style is a word rarely associated with any electric vehicle. The **Faraday Porteur** is not only a head-turning cruiser, but the 39-pound machine is also significantly lighter than most pedal-assist bikes, spins for 20 miles on a charge, and offers the smooth ride of a steel frame. **From \$3,499; faradaybikes.com**



LONG-RIDE COMFORT

Cyclists too often are willing to wear tight-fitting gear in an attempt to gain an edge. Comfort is an afterthought. The **Specialized Audax**, by comparison, is tailored for hours in the saddle but doesn't sacrifice performance. Named after French long-distance, noncompetitive rides, the shoe has a roomy toe box so your forefoot won't feel cramped when your feet swell — or when wearing thick socks on cool days. The synthetic leather upper is soft to the touch and has the style of an Italian loafer, but it's stout enough to transfer stroke to pedal efficiently. **\$250; specialized.com**

BREAKTHROUGH OR BUST?



Shimano XTR Di2: Electronic Shifting

✗ Shimano introduced electronic shifting for road bikes in 2009, but it seems rudimentary compared with a revolutionary new system designed for mountain bikes. Like on road rigs, the battery-powered **XTR M9050 Di2** delivers smooth, precise gear changes at the touch of a button. But the XTR Di2 goes further, giving off-roaders the option of two programmable modes (one you can optimize for climbing, the other for fast, rolling hills) that can be customized via a USB hookup to a laptop. What does this mean? Instead of the traditional approach of changing the front and rear gears separately, you can make a dramatic shift into a lower or higher gear with a single button push. This is a game changer. While testing the XTR Di2, we hit a gnarly section of singletrack and the preprogramming let us crush with ease a rooty climb that quickly became a rocky descent. The price tag makes it a next-level upgrade for affluent bike geeks, but this is the kind of innovation that will make its way into more affordable bikes very soon. **From \$2,675; ridextr.com**





1

Immortalize Your Heroics

Though it captures ultra-high-definition 4K video at 30 frames per second, we like the **GoPro Hero 4 Black's** super-slow-mo capabilities: It records in a molasses-like 240 fps, so you can break down your moment of victory frame by frame — and relive it. **\$500; gopro.com**

2

The Pocket-Size Pro Shooter

With a fixed 28mm lens and wide-open f/1.7 aperture, the **Leica Q** renders some of the most realistic images you'll see. Its wide-angle lens also acts like a zoom: The camera crops the massive 24-megapixel image to generate 35mm- or 50mm-equivalent views. **\$4,250; leica-camera.com**

3

The Master of Low Light

The **Sony A7R II** is the first camera with an image sensor that's both full-frame (as big as a frame of 35mm film) and back-illuminated. So along with producing huge, detail-rich images, the 42-megapixel sensor can capture pictures in dim light that would normally require a flash. **\$3,200; sony.com**

4

The No-Excuses DSLR

If smartphone snaps and point-and-shoot digitals no longer excite you, it's time for a real upgrade. The entry-level **Nikon D5500** rewards amateurs with pro low-light and action shots in a relatively small package, which also includes built-in WiFi and a touchscreen. **From \$749; nikonusa.com**

**NEXT-GEN WOOL**

To create a warmer shirt without adding weight, Patagonia used an air-jet process to give its yarn greater loft to hold heat better. It's seamlessly woven into the **Merino Air Crew** base layer, a stretchy long sleeve that we found perfect for fall mountain biking but also well suited under a jacket while skiing. **\$129; patagonia.com**

**THE AUTO COOKER**

Just tell the **Breville Fast Slow Pro** — a remarkable slow/pressure-cooker combo — what's inside (there are settings for everything from beans to bone-in meat), and it adjusts the pressure, cooking time, and temperature. For total one-pot cooking, you can even sauté meats and veggies directly in it. **\$250; brevilleusa.com**

BREAKTHROUGH OR BUST?**Apple Watch**

X With an announcement last year six months before its release, there was plenty of time to daydream about how an **Apple Watch** might change your life. The real-

ity is that while it's no Newton-like failure, Cupertino unleashed a product that's more a grower than a shower. First impressions were marred by a less-than-intuitive user inter-

face, slowness, and the painful need to charge daily. But (and it's a big one), the Watch is the status symbol Apple intended: a gorgeous wearable (available in rose gold!)

that can keep up with any fitness tracker. It has found a place on our wrists as a stylish timekeeper that actually makes us reach for the iPhone less often. **From \$349; apple.com**

PROP STYLING BY CHRISTOPHER STONE FOR HALLEY RESOURCES



THE QUICK-CHANGE GOGGLE

You won't miss any runs when the morning clouds give way to mid-day sun, because swapping lenses on the **Dragon NFX2** is so easy that you can do it on the chairlift with your gloves on. Flip up the levers mounted on the sides of the frame and the massive lens pops out; push the levers down for an airtight fit. This pair maintains its predecessor's excellent anti-fogging vents along the top of the frame, and its curved shield gives you an unobstructed, undistorted view of the hill.

\$180; dragonalliance.com

THE TRANSFORMER OF YARD TOOLS

The "Aha! award of the year goes to the **Troy-Bilt Flex**. To save space in your shed, the system uses just one gas-powered 208cc engine that clicks into several attachments — including a 28-inch-wide mower; a leaf blower with air speeds up to 150 mph; a 3,000-psi pressure washer; and a 26-inch, two-stage snow thrower. Next spring, the company will debut additional lawn attachments like a dethatcher and a core aerator.

\$399 for the base, attachments from \$279; troybilt.com



This boot became our go-to hiker — it dealt equally well with hot days scrambling on Utah slickrock and tramping through muddy marshes in the alpine high country.

THE BREATHABLE WATERPROOF BOOT

Like a traditional hiker, the **La Sportiva Core High GTX** has a bootie that keeps water out, but a new technology lets perspiration escape from under the foot. Don't worry: The venting doesn't affect the grip of the sole, but it does cut down on stink. Combined with a formfitting mesh upper, this boot can handle long days on the trail. **\$200; sportiva.com**

MY FAVORITE GEAR



JIMMY CHIN

Climber, photographer, co-director of *Meru*.

Jimmy Chin grabs the **Hayden Shapes Hypto Krypto Board** for his aquatic adventures. "It's a great all-around board with lots of volume under the chest, so it's easy to paddle into waves, but the shape generates surprising amounts of speed." *From \$820; haydenshapes.com*



THE PINT-SIZE BARISTA

Smaller than a 20-ounce soda bottle and weighing less than a pound, the **Wacaco Mini-presso GR** lets you enjoy espresso anywhere, churning out a crema-topped shot using nothing more than finely ground coffee, boiling water, and 20 presses of the built-in hand pump. It's our new favorite coffeemaker for hotel rooms, campsites, or whenever our adventures take us miles from the nearest Starbucks. **\$59; wacaco.com**



EVERYMAN'S ROADSTER

There's a dirty secret about expensive sports cars: Their extreme capabilities have outgrown most of the roads you can drive them on. That's not the case with the **Mazda MX-5 Miata**. The Japanese ragtop was redesigned for real-world thrills: It's lighter, lower, and wider than last year's model, and the two-liter, 155-horsepower engine provides plenty of high-revving fun while weaving in and out of traffic. It makes 50 miles per hour seem like 80 — and, of course, you should buy the manual version. **\$24,915; mazdausa.com**



THE MIDSIZE PICKUP PACKS ON MUSCLE

GM's easy-parking midsize truck twins — the **Chevy Colorado** (above) and **GMC Canyon** — have already brought much-needed tech and luxe-car comfort to a once bare-bones segment. Now they're bringing more torque (369 lb-ft, in fact): A 2.8 Duramax turbo-diesel engine is an option, giving the pair more hauling capacity (7,700 pounds), essentially matching that of many full-size models but without big-truck gas guzzling. **From \$33,520; chevrolet.com and gmc.com**



THE SEDAN OF THE FUTURE

The electric **Tesla Model S P90D** continues its lightning-fast launch into automotive history. A bigger battery and a smarter fuse controlling the current give it more range (268 miles) and 762 horsepower, resulting in a 2.8-second jaunt to 60 miles per hour in "Ludicrous Mode." That makes it quicker than the Lamborghini Aventador, yet it has four doors and plenty of cargo space. At this point, the haters are as hushed as the P90D's barely audible engine. **\$119,200; teslamotors.com**

CRAZY SEXY COUPE

Though we can fully appreciate Tesla's near-silent rides as a harbinger of cars to come, we'd be dumb to deny the raw, visceral allure of the **Mercedes-AMG GT S**, a gas-fueled roadster that socks the senses in ways electric cars simply can't. Its lithe, long-hooded profile endlessly entertains the eye. The twin-turbocharged V-8 exhaust note thrills the ear. And the napa leather-wrapped wheel and near-perfect hydraulic steering communicate all the tactile thrill you need. **\$129,900; mbusa.com**

Initial buzz placed the GT S as a close competitor to Porsche's classic 911; out on the road, though, the car proves to have a charisma all its own.





Tommy Bahama

MAKE LIFE ONE LONG WEEKEND™

THE FINGER-SAVING TABLE SAW

Each year, 4,000 people in this country lose a digit in table-saw accidents. Here's how to avoid being a casualty: The **Bosch Reaxx Jobsite Table Saw** has built-in electric sensors that detect your skin. The instant your finger touches the blade, which is spinning at 3,650 rpm, the toothy wheel drops below the table surface, getting it out of harm's way. You're left with just a tiny nick that will probably require a Band-Aid instead of a trip to the emergency room. **\$1,499; boschtools.com**



CLEAN MACHINE

We'd dismissed robot vacuums as gimmicky, but the **Roomba 980** is proof that machines are taking over — and we should let them. It uses a camera and sensors to map your home, working around furniture and powerfully vacuuming without missing a spot. It even knows to increase suction when it's rolling over carpet. When the 980 is finished (or needs a charge), it finds its way home. **From \$900; irobot.com**



BE A MASTER CHEF IN THE WOODS

Tired of slicing veggies with a penknife? The **Gerber Freescape Camp Kitchen Kit** instantly gives you a gourmet setup in the backcountry. The high-end steel chopping and paring knives secure magnetically in a carrying case that doubles as a cutting board. The whole package weighs less than two-and-a-half pounds. **\$88; gerbergear.com**

SEE THE ROAD BETTER

When you're bombing down a hill at 40 miles per hour, the last thing you want to do is miss that big crack in the road. We were amazed at how the **Oakley Prizm Road Jawbreaker** cycling-centric sunglasses made everything on the pavement pop — even in fading light at dusk. Almost as good were the wide field of view, venting, and the ability to swap lenses easily by unhinging the bottom of the frame. **\$220; oakley.com**



The Jawbreaker's arms adjust to accommodate almost any size helmet.

MY FAVORITE GEAR



JEB CORLISS

BASE and wingsuit jumper.

He has a unique mode of transport by trade, but in his downtime, Jeb Corliss can usually be spotted on an **Evolve Carbon Series Electric Skateboard**. "I live in Venice, California, and love riding it down the boardwalk. I no longer drive unless it's long-distance." The ultralight board can reach speeds up to 24 miles per hour and travel 25 miles on a single charge.

From \$1,599; evolveskateboardsusa.com



THE VAPORIZER GROWS UP

It doesn't matter how cool it looks; we just want it to work without harshing our buzz.

The **Pax 2** has the same brushed-aluminum appearance that made its predecessor stand out but also fixes every flaw in the original: It's 25 percent smaller and thinner, has a bigger chamber for flower, and is much easier to clean — plus the mouthpiece never gets clogged. There's even a built-in Simon-like game that we haven't mastered yet, but trust us, we're enjoying figuring it out. **\$280; paxvapor.com**



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1

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IN CLASS

SNEAKERS



2



3



1

Fast Shoes That Are Actually Comfortable

On days we want to run fast — intervals on the track and longer road races — we reach for the **New Balance Fresh Foam Zante**. Its flexible, lightweight construction is much like you'll find on racing flats, but there's a slightly softer layer of foam underfoot and a full-length rubber sole for extra grip. **\$100; newbalance.com**

2

A Softer Landing for Marathon Runners

The **Gel-Quantum 360** spreads Asics' popular gel cushioning around the perimeter of this running shoe. Combined with a flexible plastic bridge, the gel absorbs impact during long runs, yet this durable trainer is agile enough for tackling speedier workouts. **\$170; asicsamerica.com**

3

The Master of the Singletrack

There's no trail the **Hoka One One Challenger ATR** can't tame. The oversize foam midsole provides maximum protection from hard ground and rocks, while a toothy rubber outsole keeps you from slipping on loose terrain. Best of all: The shoe is shockingly lightweight (8.6 ounces for men's size 9). **\$130; hokaoneone.com**



LONG LIVE THE LAPTOP

It's been years since we got excited about a laptop, but the **Apple MacBook**, at just a half-inch thick and two pounds, is our new travel companion — not a tablet. The battery is spread throughout the body to save space, and it runs for nine hours, enough for any domestic flight. We're glued to the crisp 12-inch Retina display, which puts most tablet screens to shame. **From \$1,299; apple.com**



UNBREAKABLE WINE GLASS

Tired of serving wine outdoors in plastic Solo cups? The **Snow Peak Silicone Wine Tumbler** looks remarkably like a fine stemless vessel, but it's shatterproof. Toss a few in a bag for a trip to the beach or bring them along on your next car camping adventure and you'll instantly elevate any outing. The food-grade silicone even works for hot beverages. **\$27; snowpeak.com**

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LIMITED TIME

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GEAR of the YEAR

A ROUTER YOU WON'T HATE

The bad design of most wireless routers goes way beyond their looks. The **Google On-Hub** is stylish enough to leave out on the desk, but more important, it is hands-down the easiest we've ever set up. (It takes just seconds via a smartphone app.) Plus you can monitor your network strength remotely and prioritize which devices get the most bandwidth. **\$200; on.google.com**



CHAIRS TO GO

Bridging the gap between Ikea and much pricier furniture, **Campaign** offers a line of California-built chairs and sofas that pack flat in small boxes for shipping, and they assemble in minutes — without tools. With laser-cut steel frames and easily swappable upholstery, these are pieces that will last a lifetime. **From \$495; campaignliving.com**

MY FAVORITE GEAR



NICK WOODMAN

The founder and CEO of GoPro.

"I've had a few Zero electric motos," says Woodman, of the California-made bikes, including the road- and dirt-crushing **Zero DS**. "I love these things — they're light, have a solid run time on a single charge, and, best of all, silent — so I'm not annoying anyone while I'm having a good time." **From \$11,995; zeromotorcycles.com**



DON'T WAIT FOR FRESH WATER

Developed in conjunction with the U.S. military, the **MSR Guardian** can turn a murky mud puddle into drinkable water in seconds. Screw your wide-mouth bottle onto the filter's threads and pump the handle — there's no setup or maintenance, and it doesn't require batteries or chemicals. Instead, medical-grade hollow fibers inside the casing block even the tiniest waterborne viruses, protozoa, and bacteria. **\$350; msrgear.com**



Two doors and gear vestibules plus ample overhead room make this a spacious backpacking tent.



AT HOME IN THE WOODS

Of all the amenities packed into the lightweight **Big Agnes Ratlesnake SL3 mtnGLO** tent, none brings civility to the backcountry quite like its built-in lighting. At the touch of a button, dozens of LEDs cast a soft, consistent glow bright enough to read by and that lasts 90 hours. From bedtime stories to all-night poker games, life inside a tent is a whole lot homier. **\$400; bigagnes.com**

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10 VS 1

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1



2



3

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Hydro Flask 64-Ounce Wide Mouth Growler, which is nearly indestructible and keeps our IPA as cool as when it came out of the tap, even after sitting outside in the sun all day. **\$55; hydroflask.com**

BREAKTHROUGH OR BUST?

Columbia
Heatzone
1000
TurboDown
Jacket

X Early reviews of this burly puffer claimed its insulation couldn't be beat — and we couldn't agree more: The **Heatzone 1000 TurboDown Hooded Jacket** is truly the warmest ski shell we've ever worn. It held up to biting winds on a ski trip to Åre, deep in Sweden's west country. Credit its water-resistant, 900-fill down stuffing, configured with offset baffles that eliminate the cold spots found at stitch lines on typical rectangular baffling. To top it off, it's also lined with Columbia's Omni-Heat, a space-blanket-like reflective material. The only downside is that you will overheat if you plan on using this as your day-to-day jacket at most resorts. **\$450; columbia.com**

1

The Universal Layer

With a hybrid combo of Polartec Alpha synthetic insulation on the chest and grid-backed fleece everywhere, this hoodie adds a nice hug of warmth. But when you're on the move, the **Outdoor Research Deviator** really excels: The Alpha dries fast, but it also breathes, releasing excess moisture and heat, while the fleece wicks sweat. That means you don't have to bring along multiple layers. **\$185; outdoorresearch.com**

2

The Thin Shell Is In

Light but not wimpy, the **Black Diamond Mono Point** is the company's most minimal waterproof shell. But made with a Gore-Tex membrane and featuring a helmet-compatible hood and high-cut collar, it deflects rain and wind all day long. The trim fit means it won't bunch under pack straps, while the solo chest pocket sits high enough so it's always accessible. **\$299; blackdiamondequipment.com**

3

Soft and Waterproof

Though wool is an ideal wet-weather layer because it keeps you warm even when soaked, Voormi set out to prevent the fibers from absorbing water at all. With wind- and water-resistant properties woven right into the merino, its **Fall Line Jacket** looks like a sweatshirt, but it deflects weather like a synthetic softshell. A roomy hood and full-length zipper make it even more versatile. **\$399; voormi.com**

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1 Our Favorite Daily Carry

Made for photographers, the **Peak Design Everyday Messenger** — with easy access, thanks to quick-latch magnetic closures — has origami-like compartments to cradle expensive camera equipment. But we loved it as an anytime bag for toting a laptop and workout clothes — even on a bike. **\$250; peakdesign.com**

2 Hit the Trail at Any Speed

Looking to bag a few peaks in a day? The **Ultimate Direction Fastpack 30** is a tidy backpack that's big enough to hold a day's food, water, and extra layers. The rolltop cinches down, making for a compact load that didn't bounce, even as we jogged down from a summit. **\$175; ultimatedirection.com**

3 A Backpack Built for Biking

Two-wheeled commuters need room for essentials without added bulk. The **Chrome Kharkiv** easily fit our laptop as well as a change of clothes and two U-locks, but still had a comfy, barely there feel. The exterior helmet storage and padded sunglasses pocket are a nice bonus. **\$150; chromeindustries.com**

4 The Big Trip Pack That Feels Small

Even fully loaded with a few days' worth of gear, the roomy **Osprey Atmos AG 65** feels like a much lighter pack, thanks to a groundbreaking body-contouring mesh suspension, which allows it to move as if it were part of your torso. The fit was easy to adjust midtrek. **\$260; ospreypacks.com**

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EASY PRO POWER

The **Wilson Burn 100S** defies the idea that there are no shortcuts to improving your game. Without changing stroke mechanics (or obliging you to hire a pro), the Burn immediately enhances power and spin, thanks to a stiff frame and fewer cross strings, increasing the trampoline effect. **\$199; wilson.com**



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A less-compressed Bluetooth signal, precision drivers, a 17-hour battery, and a leather-and-aluminum build elevate the **Bowers & Wilkins P5 Wireless** above all other cordless headphones that we've tried. You can even plug them in for lossless audio. **\$400; bowers-wilkins.com**

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FLIGHT *of the* RHINO

YEARS OF POACHING HAVE PUSHED AFRICA'S BLACK RHINOS TO THE EDGE OF EXTINCTION. A DETERMINED CONSERVATIONIST AIMS TO REVERSE THAT — ONE 3,000-POUND AIRMAIL DELIVERY AT A TIME.

BY **MARK ADAMS**



PHOTOGRAPHS BY **JONATHAN TORGONNIK**



Map Ives, Botswana's national rhino coordinator, searches for black rhinos in the Okavango Delta.



Ives has rescued dozens of black rhinos — including these two.

continues at its current pace, the wild black rhino, one of Africa's signature species, will be extinct in about a decade. In response, the Botswana Rhino Project has evolved from a straightforward repatriation plan into a sophisticated joint-operations mission to fight what Ives calls a genocide.

After three hours of jolting up and down the circuitous paths that pass for roads in the Okavango, we park along the edge of a sandy airstrip. Ives, who has spent years trying to convince foreign bureaucrats that Botswana is now a safe haven for scarce black rhinos, double- and triple-checks preparations with members of his team before slumping down in the back of the truck. "It's like someone once said about the military," he says as some teenage boys shoo an elephant off the runway. "Hours of boredom punctuated by a few minutes of chaos."

The radio crackles; someone barks something in rushed Tswana. "I think the C-130's here," an assistant says, pointing at a black speck in the otherwise empty bleached-blue sky. The dot quickly begins to grow in size until the outlines of an improbably large airplane — certainly far too large to land on this ribbon of dirt — come into view. "This is a nervous moment for me, guys," Ives says. "Those are my babies on there."

Seemingly in defiance of the laws of physics, the gigantic bird alights softly and, with a deafening whoosh, stops like a balsa toy yanked by an invisible string. It vanishes briefly as its reverse thrusters kick up clouds of sand, then taxis a few hundred feet. The tail pops open and out jumps a squad of Botswana Defence Force soldiers in camouflage uniforms and berets, each carrying an automatic weapon. Behind them emerge three animal-care specialists from Zimbabwe, a similar team from Botswana, the pilots, assorted people with video cameras, and Ives' sleepy associate Kai Collins, who has been up for 48 hours supervising the transfer. Strapped in the cargo hold are three small, brightly colored container cars, each with a somewhat dazed-looking black rhinoceros.

The animals have every right to feel confused. Two days earlier they'd been minding their own business hundreds of miles away in Zimbabwe when a veterinarian leaned out of a helicopter and darted them with a healthy dose of M99, after which they were blindfolded, relieved of roughly half of their horns (to prevent them from injuring themselves in transit), guided into crates, loaded onto trucks, driven to the airport (on this stretch mercenaries are frequently hired to protect the animals from hijackers), and hoisted onto the C-130. That's just the endgame. Prior to each transfer come months of negotiations, first with the foreign owners of the animals — usually a national park or, as in this instance, a private reserve — and then with various government officials. Once inside Botswana, the animals must clear customs. "Some wag was saying to me

F

FROM THE AIR, which is the only practical way for two-legged creatures to travel in northern Botswana, the Okavango Delta looks something like an 18,000-hole golf course. Even in the winter dry season, deep-green fairways of tall papyrus are punctuated by patches of sand, small stands of trees, and a vast network of water hazards crosshatched with the lines of "hippo highways." Amid the vastness of the Okavango, the six- to 12-seat bush planes that occasionally buzz across the empty sky, commuting from luxury lodge to luxury lodge, could be mistaken for dragonflies.

"This is a beautiful place, man!" Map

MARK ADAMS wrote about exploring in remote Madagascar in the April 2015 issue of Men's Journal.

Ives shouts. "I've been here 30 years and I still can't get used to it. Whooooo!" We are traveling, impractically, along a very bumpy sand road in the back of an open-air Toyota truck driven by Njunja "George" James, chief rhino monitor for the Botswana Rhino Project, on our way to receive a much anticipated airmail delivery.

At 60, Ives has the energy and the ruddy round face of a mischievous schoolboy, counterbalanced somewhat by his upright ex-soldier's posture and a Dumbledore-ish beard that hangs to his sternum. The Botswana Rhino Project that Ives oversees is a partnership between his two full-time employers — the luxury travel company Wilderness Safaris and the government of Botswana itself, which last year appointed him national rhino coordinator. It's a new position, because not so long ago the country had almost no rhinos to coordinate: A 1992 survey showed that Botswana's black rhinos had been wiped out. Ever since, Ives has wondered if black rhinos can be returned to Botswana, reintroduced like wolves in Yellowstone or reseeded like the prairie grasses in downtown Chicago.

In the last decade, however, poachers supplying rhino horn to shadowy buyers in distant lands have been killing Africa's rhinos at an increasing and unsustainable rate, in some cases slicing off faces and leaving the animals to die. As the price for an intact horn has soared as high as \$800,000, international crime syndicates have accelerated the illegal trade. If the slaughter merely

recently that no rhino will be moved until the weight of the paperwork exceeds the weight of the rhino,” Ives tells me.

In ordinary times this might seem like an awful lot of effort to move three animals. But as Ives points out, these rhinos represent 0.15 percent of the world’s members of their species. If all goes well, within a few weeks many more black rhinos will be roaming the Okavango, a green oasis encircled by the immense emptiness of the Kalahari Basin. Like any settlers, if they like it here, they will multiply, Ives hopes.

Ives works the runway like a party host, shaking hands and slapping backs, directing the members of his aerial stevedore ballet company (“Don’t cut your bloody nuts off up there!”), and occasionally climbing onto the truck to peek inside a container. “Big Sam!” he reads, the name inscribed on the young male’s crate. “Welcome to Botswana, you fine young man!”

The rhinos are driven a short distance and released into their temporary homes, high-fenced pens called *bomas*. When one female begins munching the leaves off a freshly cut branch of leadwood, the day’s operation is declared a success. Even the boys in berets breathe a sigh of relief.

“I’LL TELL YOU UP FRONT: My mind works in strange ways,” Ives warned me moments after we first met. “I love rhinos.”

Martin Anthony Paul Ives and his native land have grown up together. He recalls his father helping to arrange “thousands of liters of free beer” for the public celebrations in Francistown on the day the British protectorate of Bechuanaland gained its independence, in 1966. Around that time, during one of the elder Ives’ Saturday-night outdoor movie screenings — kids on blankets, a 16-millimeter projector aimed at a white-washed concrete wall — the program began with the short documentary *Operation Noah*, about an improvised wildlife rescue mission. The Rhodesian government had dammed the roaring Zambezi River, which over the next few years slowly created Lake Kariba, the world’s largest man-made lake. As the water rose, thousands of exotic creatures took refuge on shrinking parcels of land and were saved by a plucky Rhodesian game warden and his sparsely equipped crew. “These guys captured one rhino on an island and tied it down and rescued it,” Ives says, describing a scene he’s been replaying in his head for nearly 50 years. “It just captured my imagination completely.”

Roughly the size of Texas, the newly christened

Botswana contained only 600,000 people, a lot of sand, and animals (though by that time only a tiny remnant of rhinos), and not many job prospects for a restless young man carrying around what Ives calls “a great deal of aggression.” His interests leaned toward cricket, hunting, drinking beer, and getting into fights. After high school Ives departed for neighboring Rhodesia (now Zimbabwe) and interviewed with its Department of Wildlife and National Parks. He was placed on a waiting list. “I had nowhere to go,” he says, “so I joined the British South African Police,” an unofficial branch of the Rhodesian military, in which he received six months of counterinsurgency training.

The 1970s was a period of brutal civil war in Rhodesia. Guerilla groups, some allied with rebels in neighboring countries, were attempting to overthrow the white-minority-run government. Ives had learned to track animals as a boy — just the sort of thing kids did for fun growing up in Botswana, whose Kalahari Bushmen are renowned for their tracking skills. “They soon realized that I was an above-average tracker, and my services were often called on to follow up tracks of the enemy along the Mozambique border,” where insurgents were infiltrating Rhodesia. When a wildlife job finally opened up, Ives was posted to Chizarira National Park, a remote game reserve near the border with Zambia. It was here, while on foot patrol looking for poachers, that he encountered his first black rhino in the wild, a “damned exciting moment” that he says “etched” itself in his 22-year-old mind.

Ives essentially worked two jobs — one day he might find himself studying plants; the next he’d be tracking rebel groups through the highlands. Chizarira was in the thick of the action. “Our camp was like a prison” guarded by machine gun nests, Ives says. “I saw a bit of combat, people dying and that.” He is garrulous by nature and can deliver a 45-minute lecture on the unique shape of Botswana’s sand grains, but his war experiences are one topic he doesn’t like to discuss. Eventually the war got so hot that nature work became almost impossible. “If you went out to look for rhinos or count elephants, you’d get your ass shot off,” he says.

Ives left the military, and after briefly guiding safari tours in South Africa, he returned home to Botswana in the early 1980s. He found work in the Okavango, where he cataloged the local flora for pleasure and led occasional trips to earn money. Things were a little looser in those days: An adventurous soul could spend 10 days floating the delta alone north to south in a *mokoro*, a pole-driven dugout canoe, or slip quietly across the Namibian border to have a throbbing tooth pulled at an army base. Tribal people told him stories of another solitary, hot-blooded creature that had once roamed the area. “I heard that there had been many rhinos here in the past but that they had been wiped out,” Ives said. During this footloose period, he pondered what to do with his life and decided to channel his inborn vigor toward improving the world. Around this time he gave up hunting.

“THIS IS A NERVOUS MOMENT FOR ME, GUYS,” IVES SAYS. “THOSE ARE MY BABIES ON THERE.”





A container holding a black rhino being unloaded from a C-130 cargo plane

“THE PROJECT WE’RE STARTING NOW, IN 100 YEARS PEOPLE ARE GOING TO SAY, ‘THIS IS AMAZING!’”



Even today the Okavango seems virtually untouched by the modern world. “This is a bloody remote place,” Ives tells me during a wildlife-spotting drive. “Five hundred miles from the nearest factory. There are only a few of these left on Earth.” Along with Botswana’s low population density, the country’s focus on attracting small numbers of guests willing to pay top dollar for an immersive, eco-friendly experience has allowed it to preserve the integrity of places like the Okavango while providing thousands of jobs. Tourism is now the country’s second-biggest business, after its well-respected diamond-mining industry. Last year UNESCO named the Okavango Delta a World Heritage Site.

Ives met his wife when she was working at a photography camp in the delta. They married in 1985, bought a home, and settled down to raise two children. He joined Wilderness Safaris in 1992. As environmental manager, he is responsible for making sure the company’s luxury eco-lodges are in compliance with Botswana’s strict conservation policies. The longer Ives has worked in the Okavango, the more impressed he has become with the way its various plant and animal species work together almost as “a single living organism on a macro scale.”

There was only one flaw in this otherwise perfect Eden, he says. “No rhinos.”

APPROXIMATELY 30,000 years ago, a Paleolithic graffiti artist in the Chauvet Cave in southern France grabbed a piece of charcoal and sketched one of the world’s oldest known artworks: two tank-like animals using their enormous horns to attack each other. Humans have always looked at the rhino’s armor-like hide and scimitar nose and assumed violence was the animal’s top priority. Hippos may kill many more humans each year than rhinos do (the latter are mostly a danger to one another), but their rounded bodies inspire excellent plush toys. In *Babar* books, the elephants are wise and wear spats, while the rhinos are hotheaded.

There are two species of rhinos in Africa, black and white, and they look pretty similar. The far more common white rhinos — at 20,000 animals, they outnumber blacks roughly five to one — are slightly larger and eat mostly grasses. Black rhinos are browsers; the pointed, prehensile upper lip they use to feed on leaves and twigs is a primary difference between the two. Black rhinos in particular have a reputation as recluses who will charge with intent to kill any human who dares to come near — essentially pachyderm Unabombers. This aggressiveness, paired with the taxidermic allure of their facial trophies, has long made them

prime targets for sportsmen. Today, Ernest Hemingway’s 1930s journal, *Green Hills of Africa*, reads like a whose-is-bigger contest in which he envies the size of the black rhino horns bagged by a fellow hunter.

In part because they inhabit scrubland not coveted by farmers, black rhinos survived at greater numbers than other species until around 1970, when about 65,000 remained in the African wild. But the revolutions of the 1970s, coupled with the departure of British colonial law enforcement and conservation agencies, left a vacuum in anti-poaching efforts. A surge in demand from suddenly oil-wealthy Yemen, where horns were used in crafting traditional ceremonial daggers, helped cut that number to 3,610 by 1993. After a fatwa was issued against the use of rhino horn, conservation efforts slowly began to reverse that trend. When Ives arranged a soft launch of the Botswana Rhino Project in 2001 by trucking in four white rhinos, rhinos were no more endangered than many species in Africa.

Then suddenly, less than a decade ago, the numbers of white and black rhinos poached in South Africa — home to the majority of all surviving wild rhinos — began to climb precipitously. In 2007, 13 rhinos were poached there. The following year, 83 were. Year by year the numbers soared: 122, 333, 448, 668, 1,014. Last year 1,215 rhinos were killed. Early reports for 2015 indicate at least four killings per day, an increase of nearly 20 percent.

“There are maybe 4,000 black rhinos left on Earth,” Ives tells me as we drive through the 1,900-square-mile Moremi Game Reserve, a wildlife sanctum sanctorum within the Okavango, searching for signs of any of the eight black rhinos they’ve released in the area since last year. He stops the vehicle and leans out the side. “See these parallel marks? A black rhino has come through here and defecated. It’s urinated. It’s scratched its back legs.” He sounds as if he is reading the résumé of a promising job candidate.

The increased demand for horn is coming from the Far East. In China, rhino horn has for centuries been used in traditional medicine to reduce fevers and purify the blood. Multiple studies have shown that rhino horn is composed primarily of keratin — the same protein in human fingernails and hair — and has no medicinal value. Vietnam seems to be the primary driver of the current poaching onslaught. (Rhino horn is illegal in both countries.) The truth may be beside the point by now, since demand has driven the price to \$65,000 a kilo, more than double that of cocaine.

Efforts to rein in horn trafficking have concentrated on the supply side, but the picture there is just as murky. After decades of civil war, guns are not especially hard to come by in sub-Saharan Africa. Angola, just to the northwest, is awash in Kalashnikovs. Mozambique, a very poor nation that fea-

tures an AK-47 on its national flag, shares a 230-mile-long open border with South Africa's enormous Kruger National Park, home to the world's largest population of wild rhinos. Penalties for poaching in Mozambique are almost nonexistent; as recently as last year, stealing a neighbor's chicken was considered a more grave offense than killing a rhino. John Sellar, an organized-crime consultant and former chief of enforcement to the UN's Convention on International Trade in Endangered Species, who has worked with both Botswana and South Africa, says that at least 12 gangs of poachers are operating in Kruger on any given day. Ives believes the number might be closer to 20.

What makes the new wave of poachers doubly effective — and terrifying — is their link to international crime syndicates. "If you look at organized crime historically," Sellar says, "whether it's Al Capone or the Yakuza or the triads, they all get involved because there's lots of what they consider easy money to be made."

Ives' rhino project has the enthusiastic support of Botswana's president, Ian Khama, a Sandhurst-trained military pilot and conservationist who has placed the defense forces in charge of anti-poaching efforts. This level of commitment to wildlife is far from universal in Africa; Zimbabwe's president, Robert Mugabe, recently served a baby elephant to guests at his 91st birthday party. President Khama's brother Tshekedi is minister of environment and tourism; Ives reports to him in his role as national rhino coordinator. Botswana's strict anti-poaching laws now allow the use of lethal force when

armed perpetrators are encountered. This spring, three Namibian elephant poachers carrying a load of tusks were shot dead after opening fire on a patrol.

I ask Ives if he thinks Botswana's tough reputation and the Okavango's isolation, combined with a national educational initiative to demonstrate wildlife's importance to the economy, could be enough to dissuade poachers. "We'd be naive to think they won't come," he says. Botswana may be Africa's least corrupt country, but a Kalahari Bushman offered several years' worth of income for a single rhino horn is going to be tempted.

"I think it is fair to pose the question, Has Botswana been tested yet?" says Sellar. "I don't think it has. When I hear about the number of rhinos that are being relocated, the thought has crossed through my mind, 'Gosh, are you folks making a rope for your own neck here?'"

THE DAY AFTER the C-130's arrival, I spend a morning driving around with Ives and Kai Collins. We hope to spot a black rhino. Three mother lions with cubs parade past our vehicle, one cub triumphantly carrying a stick in its mouth. We watch an elephant violently shake a palm tree with its trunk to dislodge nuts, and we see too many zebras, impalas, and springboks to count. At one point our path is blocked for a full minute by a giraffe munching a mouthful of the gigantic, sausage-shaped kigelia fruit.

"This is the joy of Botswana," Ives says. "Completely wild animals. The project we're starting now, in a hundred years people are going to say, 'This is amazing!'" Ives foresees the day when thousands of rhinos once again roam here.

Collins, whose official title with Wilderness Safaris is group conservation manager (but whom Ives refers to as "that clever

looking land animal still in existence, a triceratops accidentally beamed forward to the 21st century. Almost as interesting as its horn is its wrinkled armor, skin that Hemingway described as a "hide like vulcanized rubber." Collins approaches with a slice of sausage fruit and reaches through the fence posts to feed the mother as if giving his dog a treat. "They like to have their noses touched," he says. "Go on."

Her skin isn't at all tough but soft, like an old leather jacket.

A lot of strategies less complicated than the Botswana Rhino Project have been floated as solutions to the poaching problem. One popular idea is to cut off the animals' horns to reduce their desirability. But Collins points out that even a dehorned rhino isn't safe. "If a poacher's been tracking a rhino for hours and finds out that it's been dehorned, he'll kill it anyway just so he doesn't go chasing it again tomorrow."

And while they'd prefer to have an entire eight-to 12-pound horn, they'll certainly settle for a one-pound stub.

Another idea up for debate, especially in South Africa, is legalizing rhino horn. The thinking is that a sudden influx of horn onto the market would depress prices, which would reduce poaching. (Some of the biggest backers of this plan are owners of private game reserves, who possess huge reserves of farmed horn that they can't dispose of legally.) But a 2008 sale of stockpiled ivory to raise money for anti-poaching efforts, supported at the time by conservation groups like the World Wildlife Fund,

may have backfired by actually stoking the Chinese market for ivory. Other largely untested ideas include injecting dyes or poisons into the horn or (the inevitable Silicon Valley solution) flooding the market with 3-D-printed synthetic horn.

One reason Ives and his team are hopeful is that rhino relocation has worked before, in a more desperate situation. In 1960, all but a few hundred white rhinos had been exterminated, and the species, crowded into a small area, faced extinction. The South African game warden Ian Player (brother of golfer Gary) organized a spectacularly successful plan by which small groups of animals were transported to other places to breed. Today, even with the recent slaughter, white rhinos are classified only as vulnerable, while blacks are critically endangered. A group run by the filmmakers Dereck and Beverly Joubert, unaffiliated with (continued on page 106)



Ives gets friendly with one of his evacuees.

fellow who speaks French and is going to take over from me someday") explains to me later that the popular image of rhinos as stupid, angry troublemakers is based in ignorance. "Rhinos actually have very complex social hierarchies," Collins says. Because black rhinos have such poor vision and spend their days in the brush, it's easy to startle them. "They've got a phenomenal sense of hearing and smell, but their eyesight is terrible. So if you're downwind of them and more than a hundred feet away, as long as you stand dead still they'll hardly know you're there."

We spot some promising rhino tracks, but a circuitous spin through the bush turns up nothing. So we stop at the bomas to visit another group of recent arrivals, including a mother and son who came from South Africa the week prior. Up close, a black rhino is perhaps the most prehistoric-



Partying on
the Norwegian
Sky. Right:
The seven-foot
wall obstacle



IS THIS ANY WAY FOR A SPARTAN TO BEHAVE?

SPARTAN RACERS ARE SUPPOSED TO BE BADASS, DISCIPLINED IN THE WAY MOST AMERICANS ARE SOFT. BUT PUT SEVERAL HUNDRED OF THEM ON A LUXURY CRUISE SHIP AND A DIFFERENT KIND OF WARRIOR STARTS TO RAGE.

BY **ANDREW MARANTZ** • PHOTOGRAPHS BY **BRIAN FINKE**





JOE DE SENA, FITNESS GURU AND UNREMITTING CRITIC OF AMERICAN GLUTTONY AND SLOTH, RECLINED ON AN OUTDOOR CHAISE ON THE 12TH-STORY UPPER DECK OF A CRUISE SHIP CALLED THE NORWEGIAN SKY. HE CLASPED HIS CALLOUSED HANDS BEHIND HIS HEAD, GAZED

out over the brilliant cerulean waters of the Bahamas, and grimaced. Nearby were two swimming pools, four hot tubs, an outdoor stage framed by gas-fueled tiki torches, and hundreds of men and women in bathing suits holding bottles of light beer. Journey's "Don't Stop Believin'" began to play over the poolside sound system.

"I don't know what the fuck I'm doing here," De Sena said.

He was wearing what he always wears: mud-caked cross-trainers, camo-print cargo pants, and a T-shirt displaying the logo of the business he founded, Spartan Race. Since the first competition, in 2006, more than 2 million people have taken part in De Sena's obstacle-course competitions.

ANDREW MARANTZ is a writer based in New York. This is his first story for Men's Journal.

They've thrown spears, crawled beneath barbed wire, and leaped over open flames. The races are designed to be both physically strenuous and Instagram-worthy. Some Spartans are professional athletes; others are dilettantes who show up for work on Monday morning hoping that a colleague will ask, "How'd you get that bruise?" Until now, Spartan events had taken place in muddy fields, on Army bases, and in empty baseball stadiums — never on a luxury liner.

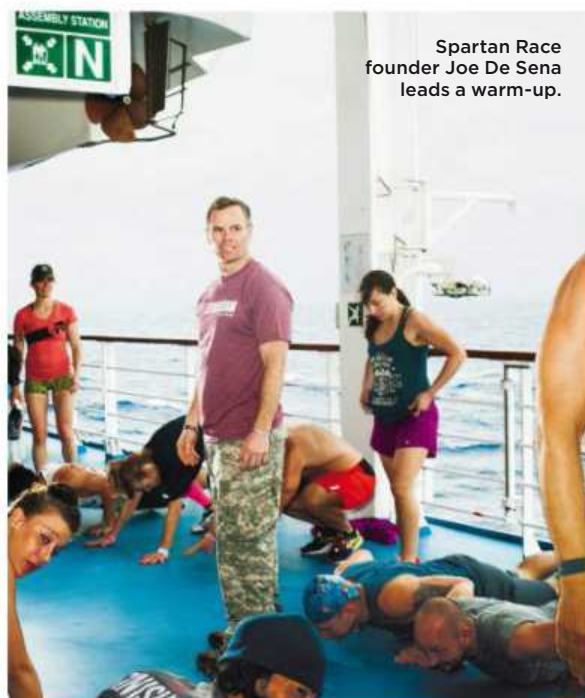
From the bubbling waters of the various hot tubs emerged many tanned and sculpted arms, triceps decorated with barbed wire tattoos and wrists adorned with fitness trackers. They had boarded the Norwegian Sky, an 850-foot ocean liner, for the inaugural Spartan Cruise. The three-day journey would take them from Miami to Great Stirrup Cay, an island in the Bahamas owned by Norwegian Cruise Line, where

participants would compete in a three-mile Spartan Sprint, the shortest and easiest Spartan race.

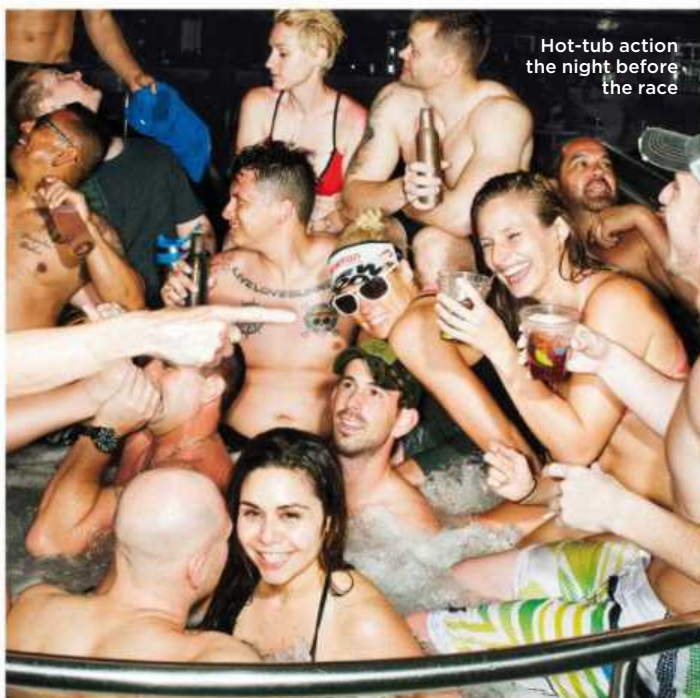
At capacity, the Sky holds 2,000 people. It was not at capacity. "I'm bleeding money on this," De Sena said. Spartan had chartered the ship for the weekend and then spent five months trying to sell enough tickets to make back its money. Early buyers had paid full fare — starting at \$829 per person — but as the date neared and berths remained empty, prices were slashed.

"Spartan Cruise" is, of course, an oxymoron. In ancient Sparta, seven-year-old boys were plucked from their homes and sent to the *agoge*, a harrowing combination of boarding school and basic training where the staple meal was a broth made of vinegar and boiled pigs' blood. A luxury cruise, by contrast, can be completed by a person in a coma. The Sky offers 24-hour room service, hot-stone massages, and glass elevators playing reggae Muzak. A troupe of singers and dancers roamed the ship in heavy pancake makeup. Six other staffers, three male and three female, worked, essentially, as dance geishas. Every night they assembled near the pool in matching T-shirts and led passengers in the cha-cha slide and a bit of G-rated twerking.

"Someone on my team said, 'Cruise,' and I went, 'Sure, sounds like an adventure,'" De Sena told me. After all, a growing number of brands — including *Star Trek*, Paula Deen, and the *National Review* — have experimented with theme cruises as money-making ventures or marketing ploys. But, De Sena said, "I'd never been on a cruise before. I just figured we'd do what we do, but on a boat. I didn't really envision what it would be like."



Spartan Race founder Joe De Sena leads a warm-up.



Hot-tub action the night before the race



The Men's Elite heat at the starting line. Right: The Big Cargo obstacle



On the poolside stage, three of the Sky's bartenders wheeled out tables laden with blenders and shakers. Drew, the cruise's entertainment director, who looked like a young Dan Quayle and sounded like a black comedian's impression of a white guy, grabbed a cordless mic and announced a mixology competition. "Which cocktail will prevail?" he said. "The Tequila Sunrise? The Sex in the Pool? Or will it be our healthier option, the Melon Squash?"

De Sena groaned softly. "Had I known what I know now, maybe I could have..." He trailed off. "It wouldn't have been this."

SHORTLY AFTER BOARDING, before the Sky had left the port, I made my way to one of the poolside bars and ordered a club soda.

"Not drinking?" the guy next to me said. He held a beer. "Normally I wouldn't indulge before a race, but — come on!" He made a sweeping gesture with one arm, taking in the sunbathing bodies, the Captain & Tennille-ish duo playing a bossa nova cover of a Rihanna song, and, over starboard, the rush-hour traffic heading toward Miami Beach. "What am I gonna do, sit alone in my room?"

His name was Joey Patroliia. He had a shaved head, a three-day beard, and a torso that looked airbrushed even at close range.

"How do you think you'll do tomorrow?" I asked him. I meant it as small talk, but he answered with earnest specificity.

"I'm gunning for top 25, but if I crack the top 10, that'll be huge," he said. He draped an arm around the shoulder of a friend and competitor, Ryan Atkins. "This guy here could win the whole thing." Next to Atkins was Hunter McIntyre, a square-jawed young man with a quiff of blond hair who had the air of the class clown in a screwball frat comedy.

These were the Spartan elite; there were several dozen of them onboard, and they

were attending the cruise free of charge. "Don't listen to any of us," McIntyre said. "We're just idiot adrenaline junkies who suck at long-term planning."

Most Spartans lie somewhere on the spectrum between pro athlete and schlub. In one of the buffet lines, I met Casey and Tiffany Markee, who live in a suburb of San Diego. Casey, 40, is shaped like Fred Flintstone. Great Stirrup Cay would be his second Spartan race and Tiffany's first. They had paid about \$5,000 for a suite. "I've got back problems, but I've been trying to

Burt was frail in the chest and soft in the belly. His T-shirt read "100% Spartan Badass."

get in better shape," Casey said. He wore a Fitbit, a baseball cap with a built-in bottle opener, and a T-shirt that read *THE LIVER IS EVIL. IT MUST BE PUNISHED*. "Signing up for a race, setting that goal, is my way of staying on track. Or trying to, anyway," he said.

The ship still had not moved. De Sena took the poolside stage and led his flock in the central Spartan sacrament: the burpee. The Spartans set aside their drinks and completed a largely symbolic set of three. As they let loose their trademark battle cry, "Arool!" (derived from the Marines' battle cry, *ooh rah*), the Sky, as if propelled by the engagement of their cores, set sail.

Later, in the Outrigger Lounge, there were more burpees: this time, a contest pitting elites against normals. There I met Burt Simpson, a 54-year-old limo driver from New Jersey. "Not Bart Simpson," he told me. "That guy's a much more animated character." Burt, just over five feet tall and slightly stooped, was frail in the chest and soft in the belly, with a pinched voice and pale skin. He wore wire-rim glasses and a CamelBak, and his T-shirt read 100% SPARTAN BADASS. "There are still some obstacles that I need help with," he said. "The monkey bars, for instance. I usually end up just riding some guy's shoulders."

Spartan calls itself "the world's toughest race." It also calls itself "a true adventure that anyone can do and everyone should try." The only way to make this contradiction less contradictory is to slightly redefine the terms. Toughness as a state of mind, a commitment not to perfection but to endless self-improvement — "perennially training," as Chris Rutz, a 45-year-old fitness instructor from Scottsdale, Arizona, who has run more than 80 Spartans, put it.

If the Spartans have anything significant in common, it is a nebulous utopian spirit, the conviction that our society has lost its way and that we can somehow right it by eating good fats and sprinting up mountains. At the Stardust Theater, whenever the stage was not occupied by the cruise director and his troupe, Spartan tried to keep things on-brand by inviting some of the fitness mini-celebrities to give motivational speeches. Each one talked about bodily self-discipline as a path to transcendence. "Life is about pushing your limits, physically and mentally," said Dean Karnazes, perhaps the world's greatest ultra-marathoner. Ben Greenfield, a prominent personal trainer, talked up pranayama breath- (continued on page 108)



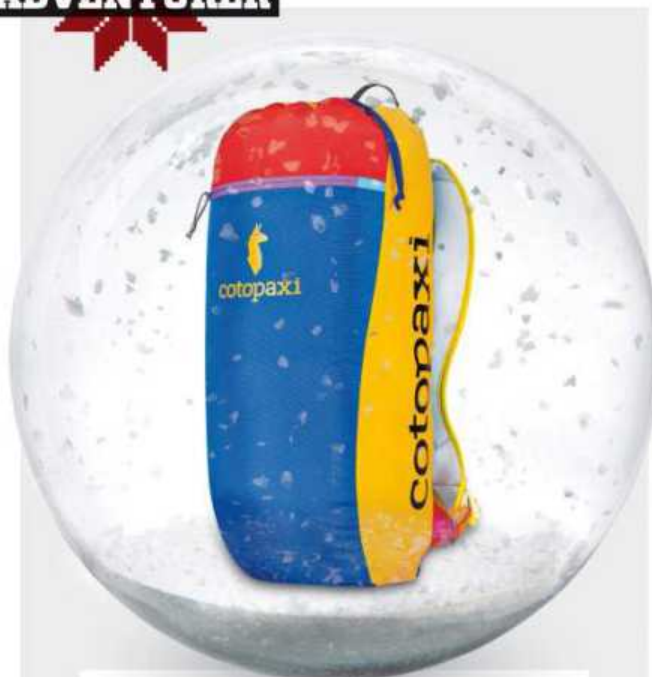
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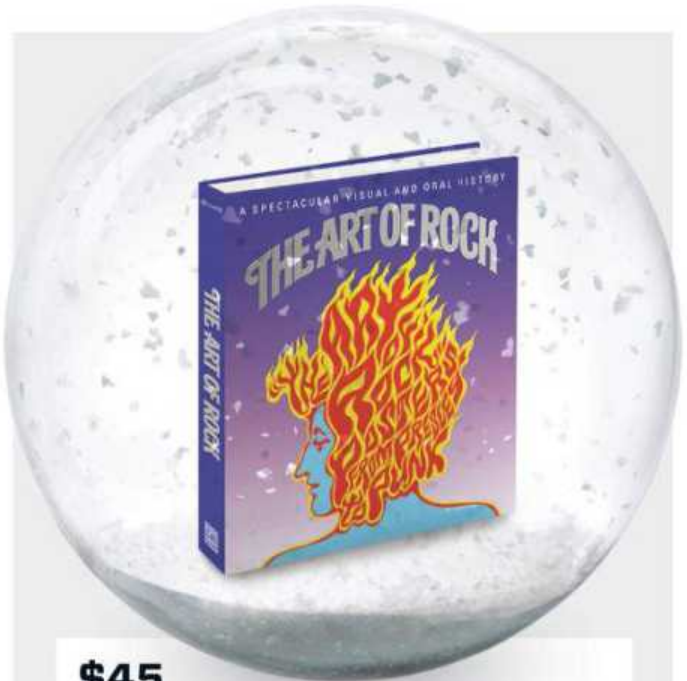
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Ives' project, has also begun flying white rhinos to Botswana.

But rhino relocation is an expensive business. Collins recently raised \$1 million from private donors to purchase a group of animals in South Africa. Ives says the crucial part of the project is monitoring the rhinos, for security purposes as well as to make sure they're thriving. "You have to put tracking teams in the field, five to seven guys each," he says. "I need to raise \$2 million to \$3 million a year for that."

One controversial fundraising strategy is to sell licenses to kill older bull rhinos, who've passed their breeding prime and, because they tend to be territorial, often kill other rhinos. This past spring, a Texas hunter named Corey Knowlton shot and killed a black rhino in Namibia after bidding \$350,000 for the right to do so. Since the money went toward rhino conservation, Knowlton reasoned that he was doing a lot more to save the animals than those who simply click "like" on some rhino charity's Facebook page. The recent tsunami of social media rage directed at the Minnesota dentist who illegally hunted Cecil the lion in Zimbabwe may have been cathartic, but it probably had more impact on Twin Cities oral hygiene than it did on African wildlife.

Ives and Collins are an odd Kirk-and-Spock couple, the excitable self-taught naturalist and his levelheaded zoology Ph.D. sidekick, yet on most topics relating to rhinos they agree. Auctioning rhino-hunting licenses is one on which they don't.

"Setting aside the strange fetish to kill something, it makes perfect sense," Collins says. "You're getting \$350,000 for conservation. You always have excess bulls who fight and kill the other bulls and females. Either you're going to trophy-hunt them and get money to conserve breeding rhinos, or you shake your finger and say, 'Don't kill rhinos.'"

"I can't refute Kai's argument," Ives says later when I ask what he thinks. "We need money. Kai is a scientist; he can't be emotional. But you *have* to be emotional about this stuff. Maybe I'm like a reformed drinker." He did his share of hunting during his younger, wilder years. As a ranger he had to kill "problem animals": lions, elephants, and buffalo that ate farmers' crops and livestock or menaced settlers.

"I've shot a beautiful animal and watched the light go out of its eyes," Ives says. "Something dies inside of you, too."

IVES NEEDS TO FLY BACK to Wilderness Safaris' headquarters the following morning, so I pile into a Land Rover for one of his team's regular afternoon recon missions with Collins, James, and boma manager

Mike Fitt. Ives takes the wheel. The Rover was built for observing wildlife and has three tiers of passenger seats, like bleachers.

Each of the rescued animals has been fitted with an electronic tracking device and can also be identified by coded notches clipped into its ears. The technology is simple by design, but effective — though chasing rhinos this way feels more like stalking a Nazi U-boat than like a classic safari hunt. Once again we drive around looking for tracks and droppings. We stop so James can climb a tree. "Hold on!" Ives shouts, then turns the wheel sharply to plunge us deeper into the bush, driving through craters and over logs and thornbushes. Ives slows to point out some promising tracks, but James tilts his head over the side and says dismissively, "Giraffe."


Ives executes a few U-turns and is shifting into reverse again when James shouts, "There!" We slowly drive closer, and two dark shapes appear in the distance, obscured by a thicket of bushes. We circle around quietly for a better look. I catch only a brief glimpse of rhino butts before the creatures bolt.

"Make yourselves thin!" Ives shouts as we plow through a narrow gap between two acacia trees. The Rover comes to a jolting halt. "Shhhhhh," he whispers suddenly. The two rhinos emerge from behind a bush and into the sunlight, followed by a third, a baby boy. We are perhaps 100 feet away. Mike Fitt starts making high-pitched whining noises. "It's the sound a baby makes to get the mother's attention," Collins whispers. Then he starts making them, too. It must work, because the mother turns toward us.

We roll 20 feet farther, then another 10. We are well within the mother's limited range of vision, and she is staring directly at us. Her horn is spectacular; it appears translucent, glowing from within in the late afternoon light.

Weeks later, trying to recapture the electricity of the moment, I stumble across an oddly familiar-seeming black-and-white video clip of a female rhino rescued from rising floodwaters. I email it to Ives, who responds, "Bloody hell, Mark, that's the very film that started me off." A few days later he emails again. While anxiously awaiting another airmail delivery, he's been watching the *Operation Noah* clip over and over.

The mother rhino glares at us for a minute, then takes two steps toward the vehicle. The evacuee in *Operation Noah* thanked her rescuers by puncturing their boat repeatedly as if it were an empty Coke can. I figure we might have a few seconds to escape before taking the full brunt of a charge from a protective parent. She might not have grown up around here, but this is her territory now.

"I'd suggest it's about time to go," Ives says quietly. "Her nostrils are flared. Let's not forget these are black rhinos." He pauses to soak up one more moment, then starts the engine. The rhinos turn and are gone before we can wave goodbye. 

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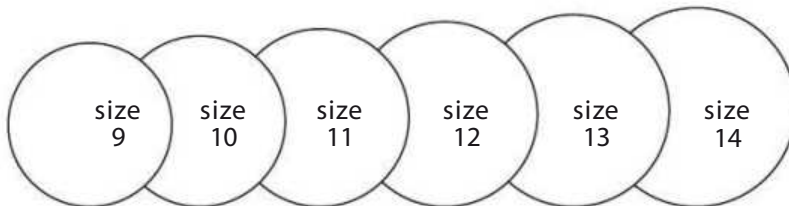
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ing, “which gives you mental clarity as well as an antiaging cortisol drop.” Joe DiStefano, Spartan’s fitness and training director, said, “Don’t go looking for answers until you start asking the right questions.” His speech was about recipes.

One morning I met Sefra Alexandra, an earthy life force who owns a luxury camping business in Vermont. She sat cross-legged in an armchair on the upper deck, cradling a mug of tea in both hands. A crow landed on the ship’s railing. “Blessings be the day, Mr. Crow,” Alexandra said.

“I’m a barefoot-in-the-woods-foraging-for-mushrooms type of person,” she continued. “So why am I at my most comfortable around these muscly ex-military dudes, crawling through the mud? It’s a visionary, creative community. It’s a community that looks at the world and says, ‘It’s imperfect, but let’s shake it up. Let’s get up earlier, work harder, move faster.’”

A friend approached, and Alexandra, without standing up, pulled her in for a hug. “In that sense, I guess I’m sort of the prototypical Spartan.”

RACE DAY. The Spartans, elite and schlub alike, left their staterooms wearing eye black and Lycra and brightly colored mesh

sneakers, and headed down the stairs and into the viscera of the ship. Each person was handed a Sharpie and a waiver that read, in part, “YOU MAY DIE.” We boarded small boats that whisked us to Great Stirrup Cay. The dance geishas were already at the dock, twerking their morning greeting.

We disembarked at the island, a 250-acre ring of well-manicured beaches. The signs in the sand made clear, if it wasn’t clear already, that the island was built for severe, womblike levels of relaxation: clamshell shaded chairs this way, float rentals that way. Amid all this, Spartan had erected its own incongruous infrastructure. The course was a three-mile loop around the island’s perimeter. Along the way were obstacles that took advantage of the local features: crawls through sand, short swims across narrow straits. A few yards before the finish line, Spartan staffers were feeding logs into an open fire pit — three or so feet across, flames leaping up to knee height. This would be the final obstacle, the Fire Jump. Everyone who finished the race would receive a medal, a banana, and a photo of his or her heroic leap across the micro-inferno.

I spotted De Sena, wearing a wide-brimmed hat and high socks, walking backward while addressing a camera crew from CNBC. “You compromise, but you

never compromise your values,” he said as he passed one of Great Stirrup Cay’s several bars. It was 10 AM and the barbacks were already in place, filling ice buckets. On the menu were margaritas and piña colodas ranging in size from small to Fun Bowl, which came in a 45-ounce souvenir cup.

A thousand people were registered for the race, but only about a hundred could fit on the course at a time, so there would be many heats: elites first, then progressively slower groups throughout the day. The first group approached the starting line. A generator was chugging nearby, and the area smelled like diesel fumes and sunblock. “Spartans, prepare for glory!” an announcer said. A smoke bomb went off, then a horn. The racers sprinted around a corner and were gone. Seventeen obstacles and 28 minutes later, the winner crossed the finish line.

My heat, one of the last of the day, included men and women of all ages and children as young as eight. The MC did the usual spiel — “Spartans, prepare for glory!” — but we were prepared for mediocrity, and we knew it. The vibe was all camaraderie, no competitiveness. I was hopeless on some of the obstacles — I hadn’t climbed a rope since middle school, and it showed. But we pressed on, helping each other with the Big Cargo Net, the Dock Jump & Swim, and the Tire Flip, until we cleared the Fire Jump and crossed the finish line, hooting and shouting. My time: an hour and change. We walked toward the beach, comparing our cuts and bruises and swapping war stories. Then I found the rum bar and ordered a piña colada.

“Size?” the bartender asked.

“Fun Bowl,” I said.

THAT NIGHT, back on the Norwegian Sky, awards were handed out in Dazzles Nightclub. The top three female finishers and the top three male finishers stood uncomfortably on a waxed dance floor in front of a shimmery purple curtain. The top prize was \$3,000. They lowered their heads one by one, and De Sena placed medals around their necks.

Then he turned to address the crowd. “We lost a lot of money this weekend, but you guys are having fun, right?” People applauded and *arooed*. “Next year, we’ll buy a decommissioned old battleship and use that instead.” It was hard to tell if he was joking.

We headed up to the pool deck for the White Hot Party. The dance geishas emerged wearing matching white T-shirts that glowed electric blue under the UV lights. A five-piece band played “Moves Like Jagger.” Hunter McIntyre, clad in white short shorts and a red fanny pack, approached. “You’re thinking this whole thing was a clusterfuck. They’re losing all this money; it’s terrible for their brand. Right?”

I didn’t argue. (*continued on page 110*)



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"You could be right," he said. "Or think of it like this: What's better marketing than people having fun? How many of these motherfuckers are gonna make this their Facebook profile photo or get a Spartan tattoo?" Taken this way, the spectacle behind us looked less like a botched opportunity to make profit and more like a loss leader, an opulent gala for Spartan's most loyal customers.

I noticed that De Sena had vanished. I found him alone in his stateroom. A bottle of champagne and a tray of chocolate-dipped strawberries sat untouched on a bedside table. He did not pretend to be thrilled at the way the cruise had turned out, but he was used to the feeling. Building the Spartan brand had often entailed concessions. "Spartan is all about pushing yourself, not getting soft," he said. "But American culture is constantly telling us, 'Have a seat, have a cookie, be comfortable.' And we exist in American culture. If it were up to me, we wouldn't even have plastic cups at the races — just buckets and ladles. But my team said that would be insane. So we have cups. It's a little wasteful, but it makes people comfortable. Same with this: It's not perfect, but you do what you can." 

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(Required by Title 39, United States Code 3685) date of Filing: October 1, 2015. Title of Publication: MEN'S JOURNAL Publication Number: 010-405. Frequency of issue: Monthly except for the January and July issues, when two issues are combined and published as double issues. Annual Subscription Price: \$19.94. Location of known office of publication: 1290 Avenue of the Americas, New York, New York 10104-0298. Location of the headquarters or General Business offices of the Publishers: Same as Above. Publisher: Jay Gallagher, 1290 Avenue of the Americas, New York, New York 10104-0298.

Editor: Mark Healy, 1290 Avenue of the Americas, New York, New York 10104-0298. Managing Editor: Tara Cox, 1290 Avenue of the Americas, New York, New York 10104-0298. Owner: Men's Journal L.L.C., 1290 Avenue of the Americas, New York, New York 10104-0298. Known bondholders, mortgages, or other securities: None. Extent and nature of circulation: Average number of copies each issue during the preceding 12 months: (A) Total number of copies (net press run): 847,440. (B) Paid circulation (1) Paid Outside-County Mailed Subscriptions: 607,366. (2) Mailed In-County Paid Subscriptions: 0. (3) Paid Distribution Outside the Mail including Sales through dealers and carriers, street vendors, counter sales, and other non-USPS paid distribution: 43,863. (4) Paid Distribution by other classes of mail through the USPS: 0. (C) Total Paid Distribution (sum of 15b. (1), (2), (3), and (4)): 651,229. (D) Free or Nominal Rate Distribution Outside-County: 84,073. (E) Total

Free or Nominal Rate Distribution by Mail: 84,073. (F) Total distribution (sum of 15c and 15e): 735,302. (G) Copies not Distributed: 112,138. (H) Total (sum of 15f and 15g): 847,440. (16) (A) Paid Electronic Copies: 33,642. (B) Total Paid Print Copies (Line 15c) + Paid Electronic Copies (Line 16a): 684,871. (C) Total Print Distribution (Line 15f) + Paid Electronic Copies (Line 16a): 768,943.

Actual number of copies of single issue published nearest to filing date: (A) Total number of copies (net press run): 835,155 (B) Paid circulation (1) Mailed Outside-County Paid Subscriptions: 607,687 (2) Mailed In-County Paid Subscriptions: 0. (3) Paid Distribution Outside the Mail including Sales through dealers and carriers, street vendors, counter sales, and other non-USPS paid distribution: 38,000. (4) Paid Distribution by Other classes of mail through the USPS: 0. (C) Total paid Distribution (sum of 15b. (1), (2), (3), and (4)): 645,687. (D) Free or Nominal Rate Distribution Outside-County: 81,548. (E) Total Free or Nominal Rate Distribution: 81,548. (F) Total distribution (sum of 15c and 15e): 727,235. (G) Copies not Distributed: 107,920. (H) Total (sum of 15f and 15g): 835,155. (16) (A) Paid Electronic Copies: 34,975. (B) Total Paid Print Copies (Line 15c) + Paid Electronic Copies (Line 16a): 680,662. (C) Total Print Distribution (Line 15f) + Paid Electronic Copies (Line 16a): 762,210.

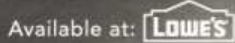
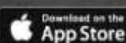
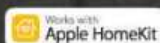
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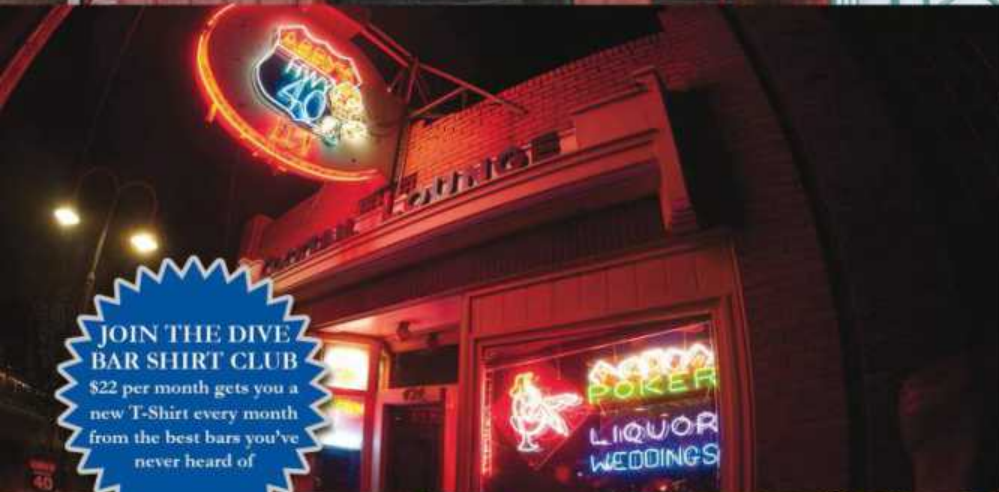
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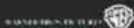
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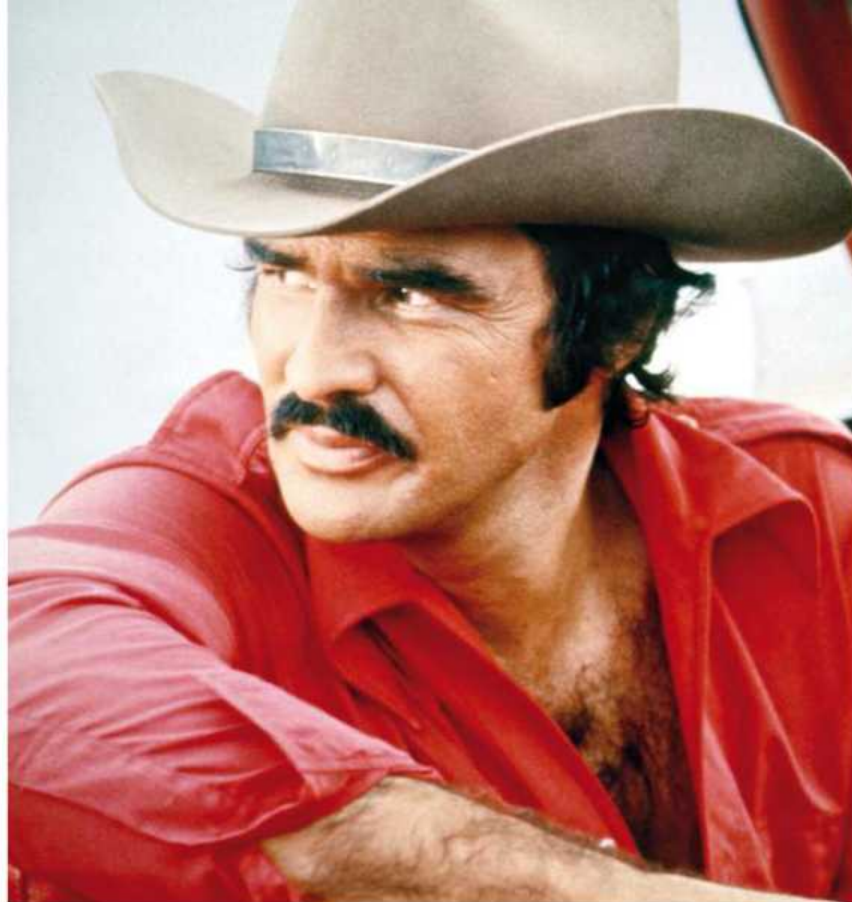
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Burt Reynolds

The All-American ladies' man on vanity, blowing his fortune, and surviving on the set of *Deliverance*.

What did you learn from your father?

I idolized my father, but for whatever reason, it was hard for us to talk. He was the chief of police in Riviera Beach, Florida, and I never knew him out of uniform. I was young when he left to fight in World War II. Years later, when I visited Germany, he gave me the name of a woman to look up. She was beautiful, and after I spent the afternoon with her, it was obvious that they had had more than just a friendship. It was very difficult for me to face that. He'd been right in the thick of it, when you don't know if you're going to see tomorrow, and he did what I would do: He lived every day like it was his last. I think he wanted me to find out that nobody's perfect.

How tough was he?

Once at 3 AM, he got a call and brought me along. There was a big fight at this famous bar that was just a real bad place. The guy in the middle of it was huge, but when my dad slapped him, he went down. There was an audible gasp because you don't go down when you get slapped, especially if you're 6-foot-5

and over 200 pounds. On the way home, my dad took his glove off, and he had brass knuckles inside. He said, "You should always have a slight edge when you get some asshole."

What was it like moving to New York in your early twenties?

I met some wonderful people in New York — Joanne Woodward was the nicest. She got me my agent but had never seen me act, so I thought she had a crush on me. When she said she wanted me to meet her fiancé, I figured I'd just blow him out of the tub. Then Paul Newman showed up, and I've never seen a more handsome guy. I wasn't sure which one of them I liked best.

What's the best cure for heartache?

There isn't any cure for it. Just try like hell to behave yourself and have some class.

How should a person handle vanity?

For actors, it sneaks up slowly and clobbers you. But if you've got a friend like Charles Durning, you'll be OK. Once, I said to him

about an actor we both knew, "I don't ever want to get like that asshole." And he said, "Oh, you surpassed him years ago." I just looked at him and laughed, but I was incredibly embarrassed.

What adventure changed your life?

Making *Deliverance*. It's the best movie I've ever done, but there wasn't a day that one of us didn't almost buy the farm. Canoes kept tipping. We got to pick our own, and I wasn't stupid enough to pick the pretty wooden one. I said to Jon Voight, "You're the star of the show — you choose first." And he did exactly what I thought he would: He picked the pretty wooden canoe. I took the metal one that had all the bumps and looked like it had been through war. I think Jon's busted apart about four times while filming. My tin canoe bored on through. It was a wonderful life lesson.

What have you learned about money after all these years?

I've gone through all my money, twice. I mean all of it. When I started making enormous amounts of money, I had these great parties at my house for everybody — but I don't remember going to parties at *their* houses. I finally learned how to manage it.

What was it like hanging with legendary tough guy Lee Marvin?

He was my favorite, but he would get absolutely blotto, and I would be summoned to take him home. One night he wanted to ride home on the roof of the car. I said, "Lee, I don't know about this. What if you fell off?" He said, "Well, fuck 'em." So I helped him get on top of the car, and he sat up there with his legs crossed like Gandhi. We were riding on the Pacific Coast Highway when I see a police officer coming at us and think, "Oh shit, this is it." But he just said, "Hi, Lee." It was obvious that it was something he had seen many times.

Have you learned from your mistakes?

I think I learned something from every one of them, in which case I should be brilliant.

—INTERVIEW BY SEAN WOODS

Burt Reynolds' memoir *But Enough About Me* comes out on November 17.

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